



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 29 NO 23 DECEMBER 17, 1987

DEADLINE IS MONDAY, JANUARY 11, 1987

COST: PRICELESS



## Merry Christmas

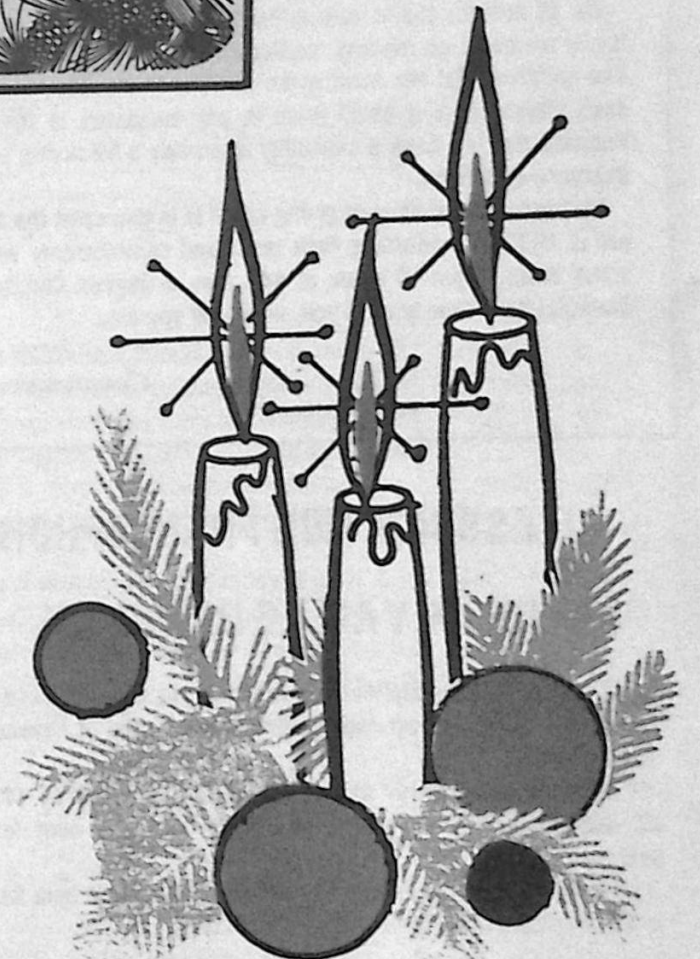


*...from all of us*

*...to all of you*



## Happy New Year



AROUND THE BASE



442 Squadron



CO 442

Christmas Message

As the festive season approaches, almost everyone looks forward to the good cheer that we associate with Christmas. We anticipate spending the holidays comfortable in our homes, with family and friends or participating in seasonal activities that we are unable to enjoy during the normal working year.

In the Search and Rescue business this is not always possible. We have no way of programming when an aircraft, a ship or an individual is going to require assistance. Christmas can be a busy season for air and marine traffic and often the winter weather during this period can be treacherous.

The personnel of 442 Sqn will be holding continuous standby throughout the holidays in order to be ready to respond instantly in the event that a rescue or humanitarian assistance is required. Hopefully, no distresses will occur and most of our members will be able to enjoy the festivities with their families but if they are called out you can be assured that 442 Sqn personnel will react willingly and rapidly.

We all feel for those who suffer the anguish of having friends or family members go missing, particularly during the Christmas season. The sacrifice that we must make in order to be ready to respond to such situations is a small price to pay compared to the reward of knowing that we have a capability to provide a lifesaving service that everyone counts on.

Christmas is a season of giving and it is in this spirit that the personnel of 442 Sqn undertake their tasks and commitments while others stand down. From all of us at 442 Sqn, a Joyous Christmas and a Bountiful New Year to all of you, wherever you are.

LCol M.E. Jay  
Commanding Officer  
442 Sqn

L'ASSOCIATION FRANCOPHONE DE LA VALLEE DE COMOX

L'Association Francophone de la Vallée de Comox prend cette occasion pour souhaiter un Joyeux Noël et une Bonne et Heureuse Année 1988 à tous.

Il nous fait aussi plaisir de mentionner que la messe de 10:00hrs du 25 décembre sera en partie en FRANCAIS. Tous sont invités à y assister.

Le dépouillement de l'arbre de Noël pour les enfants aura lieu au local le 19 décembre à 13:30hrs. Bienvenue à tous.

Top Gun(s)



By the heavy armament in hand it's not wonder that the Base VIP Team of Capt Ray Cossette, CWO George Delfabro and Maj Rollie Acorn beat the RCMP VIP Team who only used pistols. Pictured above Maj Acorn receives the VIP Trophy from event Chairman Sgt Ted Sauve. The Pistol Shoot took place on 28 Nov 87 at the Courtenay Rod & Gun Club's outdoor range. The RCMP team of Sgt Charlie Scheideman, Cst Wayne Kachur, Cst Dave Smith and Cst Rob McCormick won the Team Trophy for Best Police team by beating the Base MP Team. Sgt Scheideman also won the top award for high score in the Shoot.

Next Deadline January 11th



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Base Commander's Christmas Message



Col Ted & Mrs. Anne Gibbon

As we approach this year's Christmas Season both Anne and I have had an opportunity to reflect on the friendliness and assistance all members of the base and the local communities have given us during the past year. The associations that have developed have been most rewarding of our service lives and we share your pride in the success of our endeavours. We have distinguished ourselves in maintaining our operational readiness, meeting the challenges of the unexpected, responding to the requirements of visitors and exercising our duties as citizens in the surrounding communities. Every member of every Squadron and Section has participated in these activities but it is for each individual to determine if they had a positive or negative impact on the events and to reflect, as we did, on the results. The vast majority will be gratified by the analysis and I thank you for the year you have given me.

Christmas is a celebration of our Christmas beliefs that affords us an opportunity to share our happiness with our friends and loved ones. For those who have encountered adversity during the year it is an opportunity to take strength from the tradition of giving, for not all gifts are gaily wrapped. To everyone who has shared this year with us, its happy and its sad moments, Anne and I would like to extend our appreciation for your support, your professionalism and your friendship and wish everyone happiness and joy throughout the season. May 1988 provide you with challenge and reward you with satisfaction.

EDITORIALS



COMMENT

GORD KRUGER

REFLECTING AT CHRISTMAS

Tradition dictates that we pause at this time of year to reflect on what we have or have not accomplished. This of course is done with an eye toward improvement and a rededication to those goals we have set.

As an old and tired editor I want to take a moment and give thanks to those few who have helped make it happen over the past year. They have given of their time and talent to produce a quality military newspaper. The editorial help, the photographers, the contributors, the advertisers and last but certainly not least our gal Judi - they've all been here when we had to meet another deadline. Thank you gang!

And now onto other thoughts at Christmas...It becomes a time when many of us try and realize where our own lives fit in to the greater perspective of the world around us. After the hectic pre-Christmas pace there will come quieter moments when we will sit back and ponder our situation. I am sure most will conclude that in spite of the various frustrations that burden us occasionally we are indeed very fortunate.

We in the military family are in an enviable position. Our sense of duty and dedication provides us with a positive direction in our lives. The practical result of our attitudes is manifested in our everyday performance and lifestyle. We constantly meet and exceed our assigned goals.

In many places throughout the world Canada's military family will spend their Christmas. It is through their continuing efforts that a fragile world peace can be preserved. Many will have to endure separation from their families, secure in their belief that their separation is a small price to pay for the contribution they are making toward world peace.

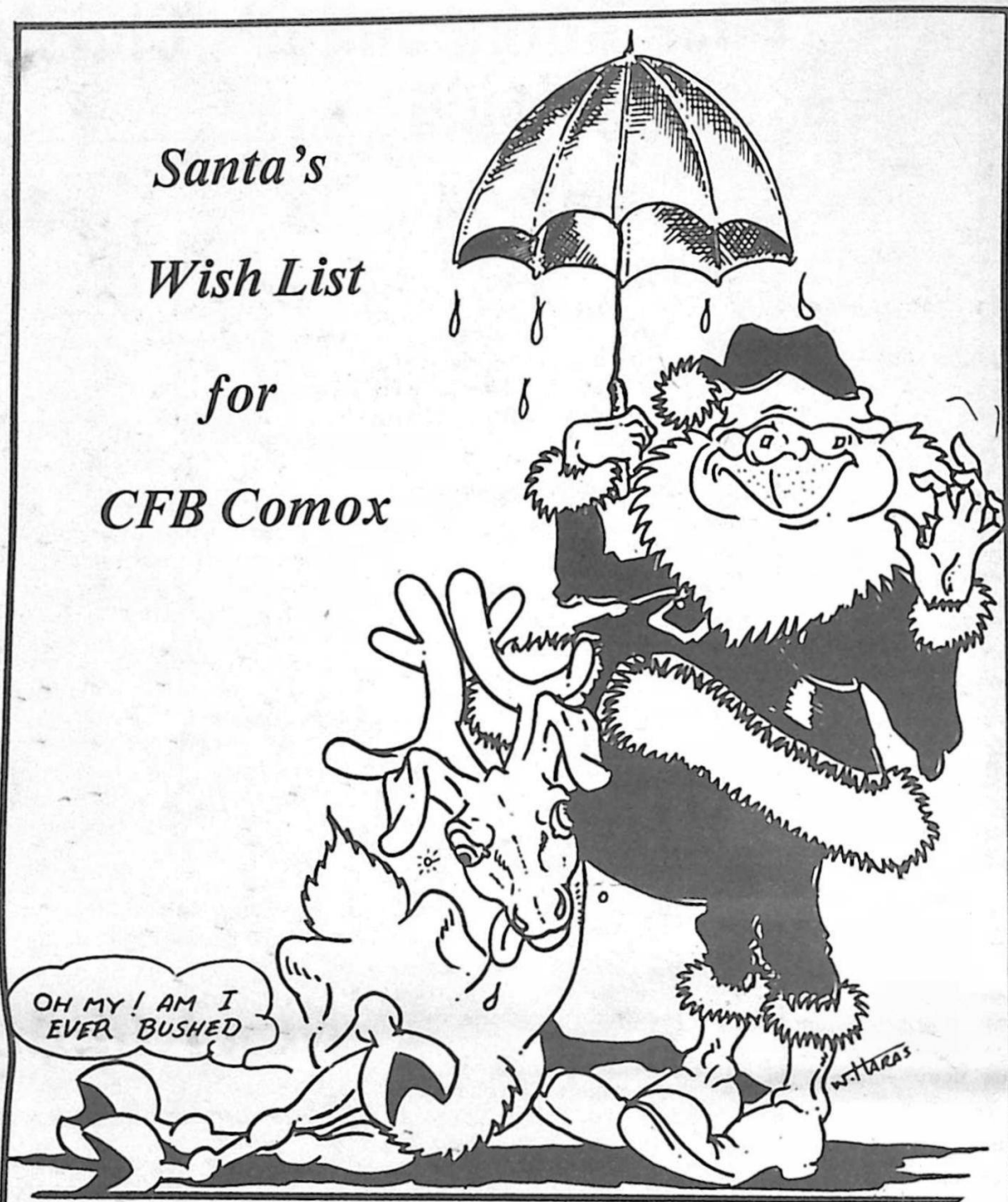
So at this time of togetherness let us all sit back and reflect a little. 'Tis a hectic old world out there with many pitfalls to tempt us along the way. Life is pretty precious and I think a moment or two for reflection will make us all realize just how good we really have it. Look around my friends and observe the problems of so many others.

And one more thing...after putting together many Christmas editions this will likely be my last...it's been great - thank you for putting up with me...G.M.K.

NEXT DEADLINE

JANUARY 11, 1988

Santa's  
Wish List  
for  
CFB Comox



- \*pogey for CF pensioners
- \*lateral progression
- \*less rain
- \*more snow up there
- \*less snow down here
- \*a 4-lane Island Highway
- \*more Boelings
- \*more smoking areas
- \*fewer smoking areas
- \*open P.M.Q. gate

- \*10 year extension at Comox (for the Editor)
- \*more ski days
- \*more good driver rebates
- \*more bad driver penalties
- \*cheaper ferries
- \*the posting of our choice
- \*more laughter
- \*fewer tears
- \*Peace on Earth

TOTEM TIMES

Read in the Best Messes in the Canadian Forces  
CFB COMOX, LAZO, B.C. V0R 2K0

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EDITORIALS



Lightside

Norm Blondel

SOCKS FROM OUTER SPACE

"Again Greb grunted. It was the usual noncommittal comment used by men in responding to a woman. It carried only enough meaning to indicate the woman had been understood without acknowledging too much significance in what she said."

— "The Clan Of The Cave Bear." Jean M. Auel.

"I'm definitely having my hair cut and permed," Wife said. I floated just a little towards the surface of the book in which I was engrossed, and responded, "Mmmmm."

"I know you said I should grow it longer, but it's driving me nuts!", Wife continued.

My concentration was slightly dented here, so I put a little more emphasis in my response: "Hmmm."

"All this talk of yours about hair being a woman's crowning glory — Do you really still believe it?", Wife persisted.

Now I was being disturbed: I looked up and said, "Grr-mm!"

Wife pressed on: "Talk to me! You're body is in that chair but your mind is buried in that book. I feel lonely sitting here!"

With a here-we-go-again sigh, I abandoned my intrepid spy in mid-leap from a speeding train, put down the book, and gave Wife my full and undivided attention.

Sometimes, that's a little difficult to do. Wife will often ask me something when I'm: (A) Washing out my ears; (b) at the other end of the yard, or, (c) when I'm doing my teeth.

With (a) and (b), I usually can't hear the question. With (c), I hear the question but can't answer. Questions put to someone who's scrubbing his (own) teeth should be rhetorical. Unless it's Wife who is asking. I've learned to be alone in the house when I do my teeth.

Hell hath no fury like a Wife unanswered.

"What was that about your hair Dear. Didn't we agree not to discuss your hair any more?"

"Oh, go back to your book," Wife fumed, "You talk to your socks more than to me!"

I blushed. A few days previously I'd watched, for the zillionth time, a sachrymose little Barbie doll housewife on TV pouring out enough Javex to bleach the roof on BC Place while she gushed on about her "Little Sir Grunge."

Enraged, I'd been mimicking her speil to my socks. Cat and Dog were asleep, so I had no live audience.

Or so I thought. It wasn't until I felt the air vibrating with silent guffaws that I realized there'd been a witness, namely, Wife.

In writing this column I talk to myself quite a bit — Just trying out phrases, you see — and Wife is used to that. But bringing inanimate objects into a conversation was stepping over the line a bit.

I know you talk to your zucchinis, but isn't this going a bit far?" Wife enquired, sweetly.

"This could be humiliating," Wife said, "what would people say if this got out? Look: There goes Wife: her husband is weird; he talks to his socks. People will drive past our house and point. The National Enquirer will do a piece about aliens disguised as socks."

I felt Wife was warming to this subject.

"On the other hand," she continued, "you might start a new trend among the Yuppies. DND work socks as conversation pieces - displayed on their coffee tables. We'd become famous. You might be asked to go on Front Page Challenge, or endorse a new line of Work Socks."

Nervously, I entreated, "You're not going to tell anyone I talk to my socks, are you?"

"First chance I get," Wife said.



LETTERS  
WE GET

Dear Sir,

We, an outnumbered species in the Canadian Forces (Females - Horrors) would like to have a turn at defending yet another "Defenseless Female."

As we breezed through the last issue of the Totem Times the so called "SAR STARS" column caught our eyes. We had no pity for the tears shed by "the guys" of 442 Sqn. Hooray for the Token female SAR Tech.

So many times in life, men, no matter where, mock the

ability of the female. Have men not yet realized that women only strive for perfection in life and business because men constantly put them down for their capabilities, and who cares what we look like when it comes to doing a job. Do our facial imperfections or physical appearances mean we can or cannot do the job? Can anyone clarify this for us? Maybe this was said only jokingly but to a female it is a mockery of her abilities.

I think also "the guys" could

have waited until this person, yes person, was here first before they judged her. "Judge not, that ye be not judged." (Matthew Chap.7).

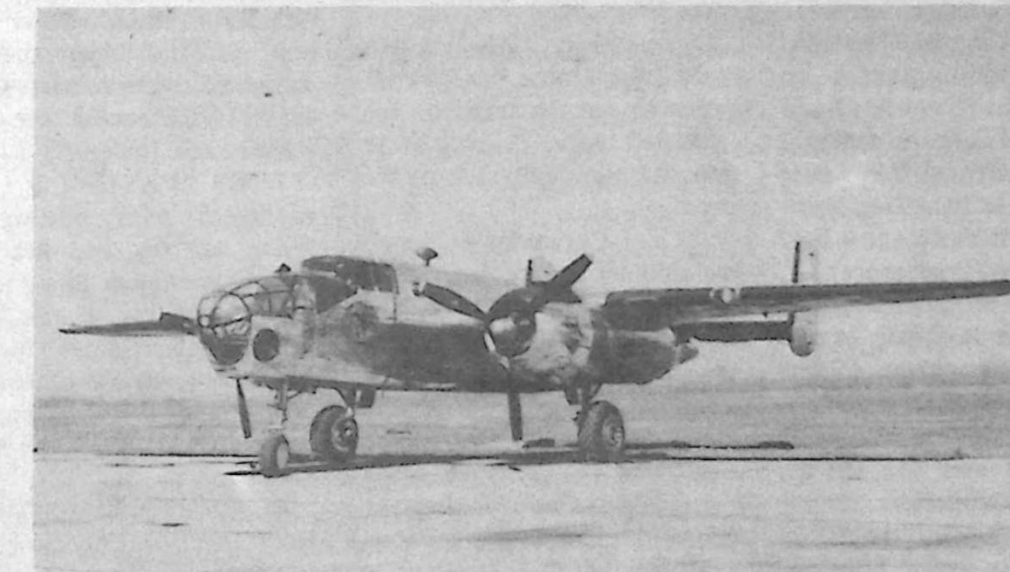
Oh yes - to the "SAR STARS" one last comment - Real men don't eat quiche.

The Career Women of 407 (MP) SOR. We are ¼ fully Womanned.

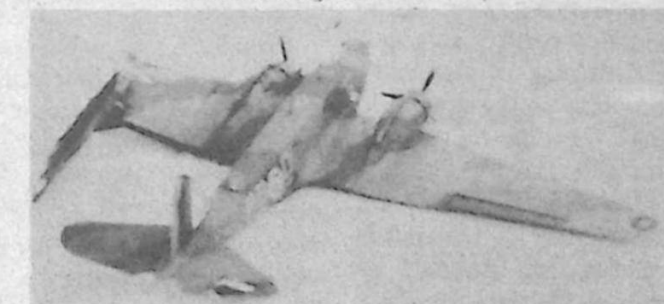
NEXT DEADLINE JANUARY 11

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



**TRIVIA ANSWER:**  
This Douglas Digby belonged to 10 (BR) Sqn at Gander, Nfld. It suffered a Cat "A" crash at Gander on 26 March 1942. In US service the aircraft was known as the B-18 Bolo.

**THIS WEEKS TRIVIA:**  
We would like to know if anyone can identify the Unit, aircraft and what unusual incident happened to this aircraft in the late forties.

**TO OUR READERS:**  
We are quickly running out of interesting photos for this section. If you can help, please forward the photos with descriptions to the Totem Times office.

## SECTION NEWS



## BAMSO

I have finally returned from my "holiday" in Ottawa and I must admit that Ottawa would be an easy place to learn to like. I mean a place with an 8.5 to 1 female to male ratio can't be all bad. My return coincided with some busy and interesting times around BAMSO and I'm not sure I was happy to return. MWO Symes' face lit up when I walked through the door and he wished me Merry Christmas as he handed me 47 Cpl and Pte PERs. I thanked him profusely and proceeded to spend the next few nights reading these wonderful works of fiction by candlelight. Why candlelight you ask? Well, the power was out because of the wind storms and it seemed like such a romantic thing to do!

The new smoking regulations are now in effect and I solicit everyone's support and understanding during the transition phase. Please remember that the aim of this program is to make a better workplace and to improve the quality of life for all.

I happened to be sitting in the Nav Com coffee room with a group of the fairer sex who are employed within BAMSO. The conversation turned to their favourite "shooters" and by the end of their discussion, I was so embarrassed that I may never be able to drink liquor again without blushing. A B-52 just doesn't do it anymore!

I wish to welcome my new secretary Linda Little to our fold. She has been a very welcome addition and has certainly reduced the workload on both myself and the Orderly Room staff. Hopefully, the job will become permanent but at least the next few months will be taken care of.

To all, I wish Merry Christmas. May it be peaceful, healthy, happy and spent with those you love and who love you. All the best for '88.

## IE/S LABS

Christmas, a time and season unlike any other. Although Christmas has a slightly different meaning to each and every person in the world, it is without a doubt a season of the heart. A time to show you care and are cared for.

The Christmas tree, tall, green, and elegant in every way possible. With the music setting the atmosphere, the family

gathers to decorate it, each member taking part in a ritual that over the centuries has changed very little.

We would all sing the songs playing on the radio. With the song of "White Christmas" in the air, father places the lights on the tree with more thought and care than I would have expected. He, like all the family, takes pride in this part of the season. Colours of blue, red and yellow shimmer brightly against the dark green background of the tree, which we had chosen with so much care.

"Little Boy King" graces the livingroom as mother gently wraps the tree, with tender loving care, in silver and gold. The garland, lush and thick, reflects the light of the bulbs making the tree glisten like the stars in the heavens.

"Silver Bells" plays calmly as the children place the Christmas bells, of white and soft colours, upon the branches. All the while trying desperately not to get stuck by the needles.

I remember, "There's No Place Like Home," as we all gather to put the tinsel on the spots left bare, draping it to look like snow falling from the sky.

"It's Christmas Time" melodiously plays as grandmother gently removes the star from its wrappings and hands it to grandfather. The star like the Star of David glows brightly on top of the tree, making Christmas ever closer and dearer to the heart.

The presents under the tree, "Silent Night" imitates the holy night when all is calm. The children reluctantly depart to their beds burying their heads into the pillows and falling fast asleep, dreaming of the morning to come, as the elders sit watching the flames dance within the fireplace.

But Christmas is mainly of the soul. A time to remember Jesus Christ our saviour. A time for us to let Him know we remember and care for what he did to free us. Christmas is a day to rejoice His birth with merriment and friendships. A time when the display of tender emotions is welcome, a day to show you really do care.

Merry Christmas.

## BASE ARMAMENT

During the past few weeks, Base Arm't has been like working in a pressure cooker! This is mainly because of CAWSS (Command Air Weapon Safety Survey). This inspection is to keep the trade sharp and to drive Blaine Allen into a straight jacket. (I must say they did a good job).

For the rest of Base Arm't, things have been going well. That is, until we found out we would have to sit in our cars to smoke! (I guess it shouldn't be too bad in the summer!)

Now, on a more serious side of things, the happening of fellow tradesmen:

JOHN DIMOCK, still has squatter's rights in Borden, at least that is where we last heard from him. We believe he's finally gotten his lost luggage.

NAT KEAYS has taken up fishing "in" his boat, instead of from it. Since the big windstorm, Nat is wondering if it isn't someone else's from down the street?????

JARDY OLSON and JOANNE GILES are planning a shopping trip to the West Edmonton Mall, with a side trip to the decompression chamber, to become qualified to fly backseat in the T33. (Good Luck Joanne!!)

RUSS PAYNE is now proficient with putting his flying suit on, and has been fortunate enough to go to the USA for a bit of Christmas shopping. Russ found that the Americans didn't understand much about the Canadian dollar, so he came home empty handed.

SHARON CAMERON has been called back to Tool Control to set up Work Shops tool boards. We will sure miss her witty remarks around the morning coffee.

WADE SHANNON brought us some distressing news about a person he was to contact for a cadet inspection. The man passed away! However, Wade was only one year late with the news. (I guess this is why he never got a reply to the letter sent to notify the unit of his upcoming inspection).

ROD DEMOREST, our Santa dressed in uniform, has been the primary cause of FRANK BLISS going bankrupt. Frank's rotten luck with a coin has kept Rod in Free coffee.

JIM NEWHOUSE,

BTSO's  
Christmas Message

Once again Base Technical Services has had a very successful year. Without question, our success was a direct result of the dedication and hard work of all branch members. For this excellent effort I want to extend my thanks and appreciation to all of you.

I want also to express the appreciation of all branch members to our families for their support and understanding when changing commitments caused disruption of holidays and social events. Eleanor and I wish you all a very merry Christmas and much happiness in the New Year.

LCol G.T. Mack  
BTSO

GRAHAM WHITE, and BOB PATENAUDE during the CAWSS, made quite a commotion around the section with rain dances, thunderstorm chants and wind yells. They did this in hopes of getting out of loading the awesome Dome. They have made me a believer in their commotion!

GARY JONES is super excited now that the snow is on the mountains. I think he wants to spend Christmas with his family in a cast.

Finally, last but not least, GLEN LITCHFIELD, who has just received a course in Cold Lake in January, nice timing Glen! But, he has one problem, he is trying to find a single hockey sock to take with him, the colour is not important. If anyone can help, please contact Glen at Loc 8344. Nobody (NOSE) why he would require only one sock, as it would be reasonable to think he would have at least one change.

Well folks, that is about it from the TAS's den. Til next

time, have a very Merry Christmas and we will be back in the New Year.

PHANTOM ARMOURER

## NDT

Welcome again to the world of NDT. The past months have passed very quickly. We've been busy supporting the Sea Kings in Victoria and 442 Sqn. We've been busy doing a lot more x-raying on the Buffalo. Our x-ray tube "packed it in," and our great film processor had to be "nursemaid" along while we were processing all that film. We even hand developed some of the radiographs. Hand developing usually isn't made into a habit, but after a few minutes of agitating and rinsing, it's just like old hat.

With new chopper support, fighter support, new work on the Aurora soon, plus our regular work from around the Base, we just might need a larger shop soon.

CONTINUED ON PAGE 23

## Promoted



MWO Rod Ellis being presented with his new rank by LCol G.T. Mack, the BTSO. Rod is a Vehicle Tech at the Base Transport Section. (Base Photo)

## SECTION NEWS

Supply  
Signals

Now that the festive season is upon us, Base Supply started the holiday happenings with our annual Christmas bash at the Rod and Gun Club. Spirits were high and everyone had a good time. Cathy Deruelle and boyfriend won the elimination dance. Kim Franke and hubby walked away with two door prizes. Dan Martin and girlfriend won the spot dance. Thanks to the Entertainment Committee for the excellent job that was done to set up, organize and run the party.

Congratulations to Lorena Charles on her recent promotion to MCpl. I understand she will be off to Penhold for a JLC holiday sometime in the new year.

We may have a few sad faces around here as the big day grows closer, as Air Canada is still on strike. There are a few Sup Techs who could be stranded in this glorious valley for the holiday season. It's not that bad, at least you won't have to shovel it.

All of us in Base Supply extend our best wishes and seasons greetings to everyone for the holiday season.

## DA TEAM IN ACTION

The "DA Team" from Base Supply Customer Services Sec-

tion was in action during the periods 2 to 6 Nov and 16 to 20 Nov, as they conducted seminars for approximately 180 DA Holders and Reps.

The team consisted of Lt Dave "Gung Ho" Jones, WO Barry "The Rock" Howell, MCpl J.P. "The Fixer" Ullock, Cpl Dan "DABuster" Martin, Cpl Kevin "The Pacifier" Luther and Cpl Mary-Jo "The MACR" Bourdon.

On a dark, stormy morning, the lieutenant was called into the boss's office and was given the MISSION!

The mission was threefold. First, to provide information to DA Holders and Reps on how to properly manage their DAs. Secondly, to explain supply procedures and jargon into their simplest meanings. Thirdly, to get feedback from customers on problem areas and rectify them.

The mission was accepted and planning was set in motion in early September. Many hours of preparation were experienced until 23 Oct when the initial recce raid was held on 23 randomly picked DA Holders. This was a successful recce in which many important points were picked up and later instituted for the actual mission.

## DA Team in Action



"THE DA TEAM"...The Distribution Account Holders Seminar Team from Customer Services, Base Supply. (Left to Right) WO Howell, Cpl Martin, MCpl Ullock, Lt Jones, Cpl Bourdon, Cpl Luther.

## WOs &amp; Sgts Mess

Wednesday Mornings at 1000 hrs. "FREE" Coffee & sticky buns in the Mess Lounge

DECEMBER

DECEMBER 17th  
At home with the Officers

DECEMBER 20th  
CHILDREN'S PARTY AT THE MESS

Sign up at the Mess by 11 Dec  
Lounge side closed to alcoholic beverages during the party  
Ages 6-12 years

DECEMBER 31st

NEW YEARS EVE BALL

Food: 2000-2200 hrs Music 2100 hrs  
Cost: \$40/couple - Reg & Assoc Members  
\$60/couple - Hon & Guests  
Cost includes New Years Day Dance  
Tickets available 1 Dec from Mess Manager  
Prebook: Reg & Assoc Members 1-8 Dec  
Hon & Guests - 8 Dec till cut-off date

JANUARY 1, 1988

NEW YEARS LEVEE  
1100 hrs.

1300-1700 hrs - New Years Day Dance  
Dance Cost: FREE with New Years Eve tickets  
IF NOT- \$4/person-Reg & Assoc Members  
\$6/person-Hon & Guests  
Band - DAVE AND ANDY

January 29

MIXED GAMES NIGHT

FUN DARTS

Drop in mixed darts will commence at 1330 hrs on SUNDAYS.

A new draw for teams every week.

Prizes for the winners

Cost \$1 per person

Come out and enjoy a friendly game

For info contact WO Al Gray 8455

NEXT DEADLINE 11 JAN 88

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SECTION NEWS



# Anker Klankin



CO VU 33 Sqn

## Christmas Message

This quiet prelude to what will surely be a busy festive season is a good time for personal reflection. Especially at Christmas our thoughts should turn to Peace, Charity and to those people enduring hardships both locally and worldwide. Without thought and action devoted to these and others similarly timeless ideals the real meaning of this special time of the year is too easily obscured by pervasive commercial influences.

On behalf of VU 33 Squadron I wish all readers of the Totem Times a Merry Christmas and a prosperous 1988. To the men and women of VU 33 Squadron my wife and I extend special Season's Greetings. We hope you and your families enjoy a safe, joyous holiday and a successful and fulfilling New Year.

E.R. Arsenault  
Major  
Commanding Officer

Chaulk's assistance in selecting it. Randy denies any involvement which is certainly a good omen for the truck!

Last week the Fighting 33rd welcomed SOpsO Capt Richie Clements back from his six week CELE Air Advancement course. Squadron Operations was running quite smoothly in his absence; Richie argues that that is much more of a testament to his superior organizational abilities than the rest of us give him credit for. Since his return Richie's presence has manifested itself in one noticeable way though. Much to the delight of everyone we're getting a lot more T-33 formation trips on the schedule.

News of courses for aircrew in the New Year is beginning to filter down. Capt Greg McQuaid is going to North Bay in January to be schooled in the fine art of flying the venerable T-33. He will be attempting to capitalize on his good fortune by telling his lady friends that he is a fast jet pilot. The Sqn Scribe, Capt Martin Baggaley,

is off to staff school in Feb where he'll learn how to write!

All is well at the feisty VU 33 as we head on into another festive season. It's a time for families, for giving and sharing, and good cheer. Hopefully, most of us will be able to visit with the folks and/or other relatives. Let's not forget those who won't be able to.

The Squadron Christmas Party on the eve of the 5th Dec at the Westerly was a well attended affair. The party organizers Capt Wayne Cuthbert, Wayne Larson, Wayne Hay, Merve Larrivee, Chris Shelly, Gene Meyer, Ted Town, should be congratulated. The wine was divine and the dinner superb. Rumours that the disc jockey would play only old time 1/4 beat tunes were unfounded as the crowd danced the night away to the strains of Credence Clearwater, etc. The CO, Maj Arsenault added to the party's success when he had most of us following his swingin' congo

line lead.

Brian "Weiner" Lavigne out-drew all comers for the first of two paintings painted and donated to the party fund by our own Katie Wylie. The second painting went to Danielle McGrath.

Merve Larrivee was very happy with the results of the ski day on the 11th of Dec. Lots of snow and many first timers to the slippery slopes. Wayne Hartin made many cheek plant (both sets) impressions on the hills and vice-versa. The SAMEO was great on downhill but his uphill manoeuvres seemed to be giving him a little trouble. "Weiner," afraid of being mistaken for a tree, spent most of the day on the Bunny Hills.

### HAPPENINGS

"Coop" reaches 39 again. Pte Trevor Jones turns an elevator into a change room.

Chris Shelly assumes the NO SWEAT look complete with 3 corsages.

Dave Maloney gets home safely and in good time.

wood on the 11th Dec. Finally the 1st will get a little break.

Cpl Jahrig has gone to 1 Ontario, and SuperDave plans on packing up his truck and his dog and barking all the way - well, it's more reliable than commercial airlines these days! We're all busily preparing for the big Armament Christmas bash on the 12th, which seems to be shaping up pretty well and should provide a few amusing anecdotes for the next issue. So Happy Holidays to all. and in closing today, since he couldn't be reached, the Tumbleweed's comment remains: "No Comment."

Also Pte Mike Bourassa has gone to the Minor League. He joined the Lab squad till February.

We've put MCpl Stag and Cpl Desmanches on the injury list for a couple of weeks.

Sgt Clarke has gone to Hawaii for a little break, so Cpl Bouliane doesn't have to worry about being traded for a while.

MCpl Roy is still riding his new bike. He said with his new fenders he can ride it rain or shine, snow or hail. Even a 90

km/h wind wouldn't stop him. Rumours are that he wants to take it for a ride to Mt Washington on our first ski day. Good luck and put your snow tires on Mike!

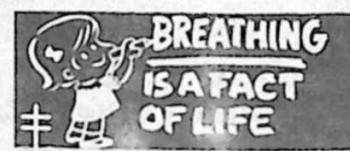
After just a couple of months with us, Cpl McCauley already got himself a nickname. We call him "Torch." For more details see Don.

MCpl Meltz is still in a state of shock. On his first trip to San Diego, he made the mistake of going to Tijuana. He's never been the same since...relax Doug, you're back home now.

We don't have time to say anything about our Christmas Party on the 8 Dec, but it's promising.

We'll give you the sequels later.....

The 3 Crew Gang



## ...more Demon Doins

took things pretty easy, and even the Little Retarded Boy managed to stay awake - most of the time. The sauna was a welcome warmer, especially after a late-night snowball fight that saw us Beaker-hunting for quite some time. We finally caught our Beaker, but I'm sure he was very glad to get back indoors to his nice, warm BIPs! All in all, Mom (the Duck) and Dad (alias Al) had quite a challenge, not only cooking for us, but also trying to keep all those lascivious thoughts from becoming actions (except, of course, their own!) We think we'll try it again early in the new year.

In other news, Dan Booth is thankfully home from sunny Greenwood, and Jim Zetek is back from the torp meeting in Ottawa, just in time to take control of 441 Squadron's Air-to-Air "Torpedoes?" and the one lonely missile tech who was tasked with the job. Pete Legault and Sandy Leibel had a week-long tech exchange

early to the Co's household. Rejeanne Arsenault has had her wishes answered and now has a new Sheltie puppy. For his part Maj Arsenault has a new (to him) truck. If you've seen it you may be forgiven for thinking that he had Lt Randy

in Rocky Point, and Sandy says that with a little less torpedo work, she could have done ALL her Christmas shopping! Gary Mick is on a nice, though short, trip to North Island (it's a fair bet that Tijuana will never be the same!), and seems to be preparing for a trip overseas in the near future.

Things, as well as people, have been going through some changes in the Armament shop. Since the Armament OR is now officially closed, "Have Office; Will Travel" just doesn't seem to apply any more. So Peggy had to close up her desk and move to maintenance, along with George Kutcher from 3 Crew and Johnny Lapointe from 2 Crew, who is now heavily into his posting slump in preparation for going to Bagotville. We'll miss you, Johnny. Dave Colqhoun moved to 2 Crew, Steve Watts and Blair Kennedy are sticking together in their move from maintenance to 3 Crew. We'll also be seeing a

SECTION NEWS



# Demon Doins



CO 407

## Christmas Message



As we approach the festive season we may all take a great deal of pride in our accomplishments over the past year. Once again, we the Demon Squadron have maintained our unmatched standard of excellence. I wish to take this opportunity to thank each individual whose personal enthusiasm and professionalism has contributed to another successful year.

The common thread running through all our plans for the next few weeks will be the desire to spend Christmas with our families and loved ones. Some of us will stay here and some will travel across the country. Wherever you are on Dec 25th, Jill and I sincerely wish everyone in the 407 family a safe and happy Christmas.

LCol R.B. Sutherland  
Commanding Officer  
407 Squadron

### AIRCREW

On the aircrew side, things have been really hopping, with several trips to San Diego and Hawaii. It took six months, but Crew 2 finally left Comox for a destination other than Greenwood. The Cowboys' trip to Adak was switched to Hawaii, much to the disappointment of all, and their subex to San Diego was moved ahead, making it two trips in one week. Which brings us to Lt Larry Arnold, who is currently on course in Halifax. Larry "I've never been away anywhere" Arnold was none too pleased upon hearing of his crew's travel schedule. Reports have it that a suitable hole has been punched in a wall somewhere in Halifax.

Meanwhile on the volleyball court, the Demons, using only four players, Cpts Edwards, Paul and Lavigne and 2Lt Rancourt, embarrassed a full team of BOPs weenies. Speaking of Capt Edwards, he is presently out looking to buy a real four-wheel drive vehicle. One that will take him "all" the way up Mt Washington. Capt Steve Amo has offered to lend Graham his Jeep for his next trip up the mountain.

There are many Demons away on a variety of courses. Capt Bryan has left Crew 2 for Staff School, Lts Liphop, Arnold, Cutland and Grenstad are expected back soon from the ADAC Course in Halifax, Maj Smurthwaite is away on the MWAC course, Capt Raiche-Marsden is on the Ocean Systems Course at Norfolk, Va, Capt Wightman, Lt Hill, Sft Raine, and MCpl

### Hatch

are enjoying Summer-side and Cpts Thomson and Paul are fitting in HAI between shopping trips to the West Edmonton Mall. Capt Forbes was to attend HAI as well, but due to his immense dislike of Boeing travel, he decided to stay home.

Crew Four are the latest media celebrities on squadron. CBC Television sent a crew along for a trip with the Sledgehammers. Interviews with Capt Jerry Zannusi, Capt Jim Forbes, Capt Bob Coulter, and MCpl Luc Tremblay were shown on TV. Wisely the CBC decided to edit Lt Bunny "I've got a million of them" Larocque. The chance for fame snuffed out once again.

With crew checks fast approaching in January all crews will be busy preparing presentations and crew procedures. Of course, Standards will do their preparation on a LRP to Hawaii, with the supposed purpose of delivering Christmas trees to the good folks at NAS Barber's Point.

There are numerous hot rumours running rampant through the squadron concerning upcoming postings. Some people are crying tears of joy, others of anguish, while some have accepted their fate and are setting their watches back 15 years.

As well, we would like to offer a warm welcome to the two newest Demons just in from Nav School, Lt Paul Ormsby and the man of many ranks, Ocdt/2Lt Mike Perreault. Finally, the members of 407 Squadron would like to offer

their best wishes to all, for a Merry Christmas and a happy New Year. Nuff said.

### AMCRO/RESEARCH

Dear Santa Claus;

Here is the Amcro/Research wish list for 1987. The Samo would like to see error free paperwork; Capt Edit would like a big box of red pens; Joe "T" would like to know where all the bargains can be found in 1988; Larry would like a map showing where the salmon really are; Pete would like to stay in Comox for more than 10 days; Wayne would like his own little boat to put on his desk, so that two certain people would quit bugging him; John would like a secretary, Stanley would like a set of darts that go where he aims them; Bud would like Wednesdays made into dedicated golf days; Michel would like his 280Z back; Duffy would like a "Live in Maid;" Micki would like his very own personal "ODALISQUE" to play with; Rick would like an ADAM computer course; Harry would like a faster typewriter; Shirley would like a typewriter that works; Marilyn would like us to have lots more parties....at least one a week, and last but not least Doreen is so happy with her last gift that she would like at least 3 more.

P.S. By the time you read this, at least 50% of the Research/Amcro section will be a) impossible to live with, b) irritable, c) snapping your head off if you are trying to talk to them or d) down in the canteen having a smoke.

### PHOTO SECTION

What's happening at 407 Photo? Lots. It's now the Christmas season. Parents are all in a rush. With one exception! MCpl Peter Veldhuizen and his wife Martine took some leave, and drove to Nanaimo to spend all of their money early to avoid the rush. Poor Peter hasn't eaten much in the last few weeks due to this spree but he's smiling more than those of us who will end up just as poor, yet not half as relaxed. This brings us to an interesting question. Why does Cpl Laurie Roy always have a smile on his face? Could his home life be that satisfying? Does he know something the rest of us don't? Or could his smile be one of anticipation, as he and his wife,

## Hooked



Cpl Robert Granger is congratulated on his promotion by LCol Sutherland CO 407 Sqn.

Tracy, eagerly await the arrival of their second child? Meanwhile, in Servicing, there are two changes. Cpl Ginette Duguay is back on three crew, while Cpl Jahrig has moved to the number one crew to work with MCpl John Clevett.

Our Bowling Team, consisting of MCpl Terry Wood, Cpl Neil Lauder, Cpl Mike Valiquette and Cpl Robert Granger is doing well. In the Men's League they are keeping their standing of third place out of eight teams, with 106 points. Mike noted that Robert has improved his game somewhat. In his last series of games his total was higher than one of Mike's single game score. By the way, congratulations to Robert Granger on his promotion to Cpl. This promotion, which has been back dated 07 Oct 87 is well deserved and brings a nice supplement for the Christmas season.

### ARMAMENT

We have proved it once again - when Armourers plan a party, we do it right! The weekend at Mt Washington was a big success, right down to the little details like our own snow removal team (two shovels, Rick, and Skippy), and yes, even LIVE entertainment. That was "Tumbleweed" Kennedy's department, both on and off the slopes! We must apologize to all the other skiers out there - between the Tumbleweed, Pokineyes, and the Mogul Mama, we managed to flatten out most of those soft little moguls in their early stages of development. Even Dad's and SuperDave's ski lessons didn't help much, though we did learn that it is much easier to ski with goggles on than with your eyes closed! Aside from skiing on Saturday (the only day the storm got REALLY good!), we

MCpl Terry Wood bowls and plays cards. Before cancellation of the "Screw Your Buddy" tournament, he was leading on the score sheet. But now there is a problem. The new smoking policy may put a cramp on his winning ways. We'll check in on him next month to see if he can keep it up in his new environment.

As the start of this Christmas season conveniently coincides with the annual "Safe Driving Week," I would like to take this opportunity to remind everyone that drinking and driving (or even walking, for some people) simply don't mix. Contrary to the belief of a remaining few, drunk driving is

not cool. For those of you who still insist on taking your car to go party-hopping during the festive season, please think about the "friend" sitting in your passenger's seat - can you live with his/her death on your conscience? Wouldn't this friend prefer to go home in a cab rather than a hearse? Come on, let's exercise some good judgement!

In closing, on behalf of all the Photo Techs in 407 Sqn, I would like to wish everyone a (safe) Merry Christmas and all the best in the coming New Year. Have a good one and we'll see you in January!

SPORTS & RECREATION

Hawks & Ravens Prevail

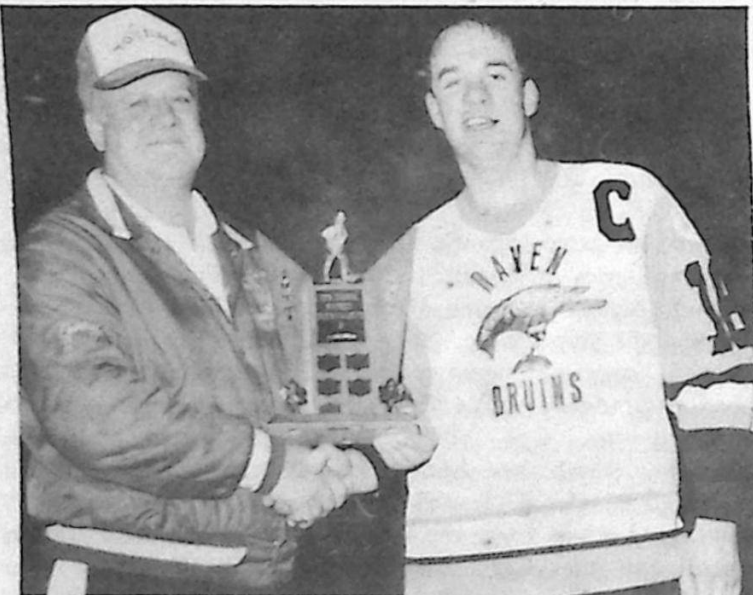
CFB COMOX HOSTS 2ND ANNUAL CHARITY HOCKEY TOURNAMENT

The Base Hockey Team "Totems" hosted its 2nd Annual Charity Hockey Tournament from 4 - 6 Dec 87. A total of 12 teams participated in the 2 Division Tournament. Teams who participated were from the Base Intersection League, Commercial Hockey League, Church Hockey League and from CFB's Edmonton and Esquimalt.

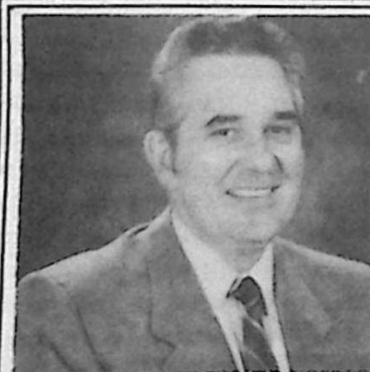
The winners of the "A" Division were the Hawks from Courtenay who defeated CFB Esquimalt 11-4. The "B" Division winners were the Ravens from Campbell River who defeated the BAMSO team 7-2.



Mr. David Reid (Pres Commercial Hockey League) presents "A" Division winning trophy to "Hawks" team captain Dan Hagan.



Sgt Gerry Dusick (coach "Base Totems") presents "B" Division winning trophy to "Ravens" team captain Peter Hubbard.



SEASONS GREETINGS  
Have a Happy Holiday Season. Please take safety precautions with tree lights and extension cords. For your real estate needs call me.

MEL FERRABY  
Bus 334-3124 Res 339-4692

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Outdoor Writers of Canada

Pipe Smoke

Gerry Gerow



Christmas! What is it, really? What does it mean? To most of us, who are of the Christian persuasion it is the celebration of the birth of Christ. The holiest day in the church calendar. But, in reality, and in particular when we speak of 'Christmas time,' 'Yuletide' or the 'holidays,' it has become a very special time of year. A time not in the exclusive preserve of Christians. Jewish people, Moslems, Buddhists and others who live in predominately Christian countries, all celebrate at this time of year. Non Christians make their way home at the yuletide, and eat and drink too much, just like the rest of us.

Many say that Christmas has become too commercialized. I say "hogwash." Pure and simple we save up the little treats we give to ourselves and our loved ones for this time of year. In reality we are spending money we would have spent anyway, but a lot of it at this particular time of the year.

I urge all to do a little something, quietly for someone less fortunate than yourself. It's easy and painless. Drop a few bucks in the Sally-Ann kettle for example. You'll feel good about it later.

In many ways the 25th of December has been taken away from the church and has become a time of family, togetherness, kindness and caring. It is a time of giving and sharing with those less fortunate than ourselves. And, if we look, we will always find someone worse off than ourselves.

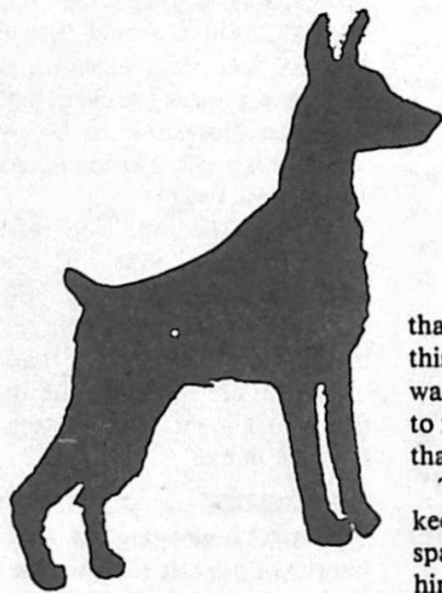
When I sit down, as I did recently, and go to work on my Christmas card list, I immediately recall that this is the one time of year when I personally make an attempt to send greetings to all my friends and acquaintances, all around the world.



At this time of year I like to throw a combined greeting and thank you in for the staffs of the newspapers that print my column. I know how hard you guys work, and I know the budget you are given, and I know the amount of thanks you receive for your efforts. Probably somewhere in the Canadian Forces a Base Newspaper worker has been signed out for some sort of community service award, but I don't know where, or who. You people do a tremendous job, so from one person who appreciates it, *Thank You.*

To Jim and Fran and the rest of the gang at the Cold Lake Courier, have another good year and don't eat too much at your Friday night out. To Bob and his group at the Chilliwack Mountaineer, and to Gord, Norm and Judi at the Comox Totem Times, have a nice holiday and thanks for your work and support during the past year.

And, to all who read this, have a very, very merry Christmas, and a prosperous New Year. *You, too, Frank.*



DOGS

CANADIAN KENNEL CLUB NEWS

that this is a gift of LIFE? And this life needs food, water, warmth, not to mention LOVE to flourish? That life lasts more than a fulfilled weekend?

This life needs vet visits to keep him healthy, and a spay/neuter operation to keep him/her from adding to the bursting-at-the-seams animal world.

MERRY CHRISTMAS!  
That time of year is here yet once again and the ever asked question "What should we get for --?" is repeated over and over again.

DON'T GET THE ANIMAL YOU SAW IN THE STORE WINDOW OR NEIGHBOUR'S KITCHEN! Undoubtedly, it is a nice thought; that puppy might brighten someone's day considerably - however have you discussed the idea with the receiver? Does the receiver UNDERSTAND the commitment - yes, commitment - and

well, we didn't know that! What do we do now?" You could take Kitty to the SPCA, and chances are, you know what will happen to Kitty there - this would not have happened had everyone in the family been consulted...

Please - for their sakes - and yours - buy the kids that GI JOE and her the scarf, him the tie, and you will be happier in the end. In February, if you still want the pet, and have given it a lot of thought - go for it. Your conscience will thank you. And the "cute little pet" that came home with the Christmas bow tied around his neck will thank you - for this time it wasn't a noose.

For further information on purebred dogs contact the local Kennel Club, the Canadian Kennel Club or Cpl Thompson 8309 or Susan D. Thompson 339-3025. We are happy to help if we can!

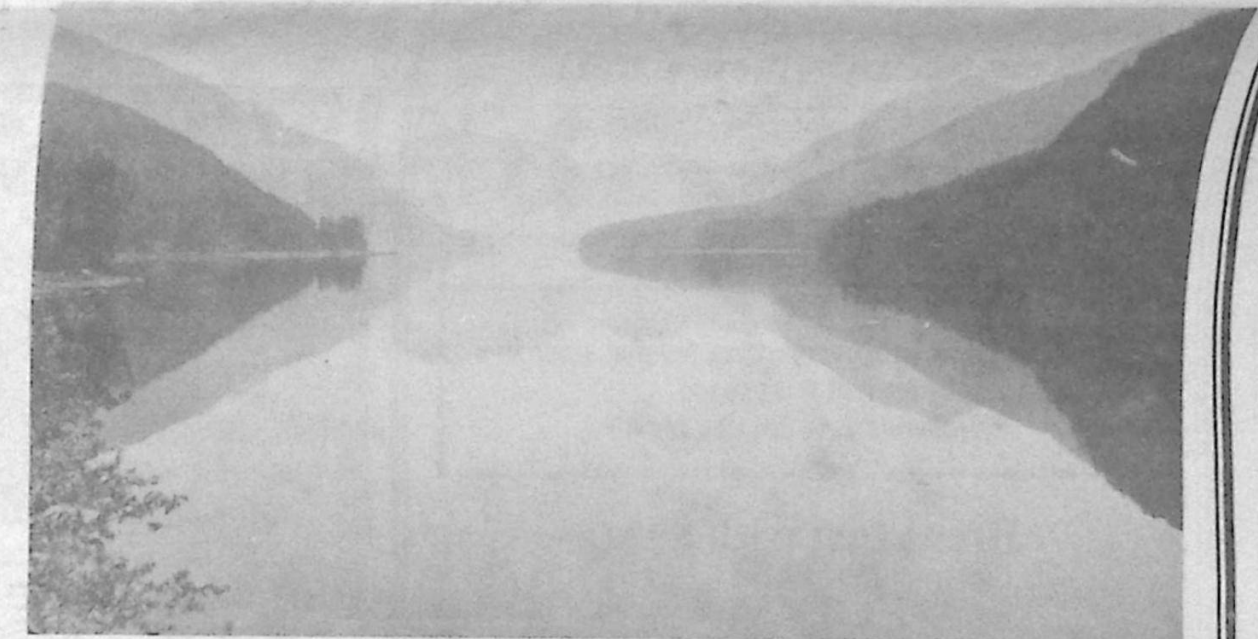
The Great Photo Contest



The winners and others...Back Row (L to R) MCpl Attilio Sartori (Coordinator), MCpl Gerry Fairbrother (3rd place - People in Action), Cpl Laurie Roy (2nd - Open), WO Brazeau (just wants to be in the picture). Front Row (L to R) Cpl Jangen (1st Open - 2nd People in Action), LCol Anderson (Presenter), Ms Katie Wylie (1st - People in Action), Cpl Lauder (1st - Favourite Snapshot).



1st Place - People in Action



1st Place - Open Category



1st Place - Snapshot

**AROUND THE BASE**

**U.S. Army Follows Canadian Military Initiative**

The Minister of National Defence, the Honourable Perrin Beatty and the Minister of Regional Industrial Expansion the Honourable Robert de Cotret today welcomed the announcement that the United States Army has selected Oerlikon Aerospace of Saint-Jean-sur-Richelieu, Quebec, to fulfill part of their low-level air defence program. The contract is valued at \$1.7 billion (U.S.).

The Low Level Air Defence System (LLAD) that Oerlikon will produce for the U.S. Army is the same one that was selected by the Canadian military last June. "The fact that a Canadian company was awarded this contract is a concrete example of the long-term industrial benefits of our defence procurement policies," said Mr. Beatty.

Mr. Beatty went on to note that it was Oerlikon's technical expertise in this field that allowed it to win the contract and that this expertise is a reflection of military-industrial cooperation in Canada.

"There will be approximately 500 direct jobs created in Canada, half of which will be in Quebec, as a result of the U.S. contract," said Mr. de Cotret. The LLAD project comprises modern anti-aircraft guns and low-level surface-to-air defence missiles that provide an effective conventional air defence capability for ground forces. It is a defensive system which will provide local protection both day and night and under all weather conditions.

Canada will take delivery of its system beginning in 1988. Delivery is expected to be completed by 1991. The system will be used to defend the two Canadian airfields at Lahr and Baden-Soellingen (and the Army Brigade), in the Federal Republic of Germany.

**THE BRASS RAIL**  
*Restaurant \* Lounge*



**New Management!  
New Menu! New Chef!**

**Dining Room Hours**  
Tue-Thur 5-9 pm  
Fri, Sat 5-10 pm  
Sun 10-2 pm, 5-9 pm

Free Appetizer with every entree ordered when you present this coupon.  
1/coupon valid until 31 Jan 88

**Breakfast with Santa**  
Sat 19 Dec  
5.95 Adults  
2.95 Kids under 12  
Reservations Please

**Elaborate Sunday Brunch**  
10 am - 2 pm \* 9.95

**Lounge - Live Entertainment**

Fri, Sat 8:30 - 12:30 pm  
Sun 1-5 pm

**New Year's Eve Party**

Dinner for 2  
Refreshments at midnight \* Party Favours  
Dance to Buck Fever  
\$75.00

338-1323

**IT'S A CHANCE TO GROW**  
For both of you!

Ma Hla Hla, Actress and Unicef Volunteer

**Unicef Canada**  
1-800-268-6364

**Be Water Wise**

You can help a drowning person even if you can't swim. Extend a towel, a stick, anything that will lengthen your reach.



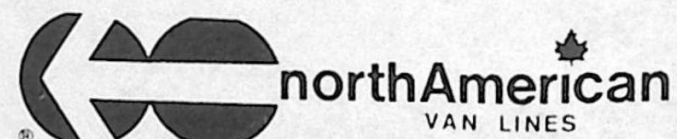
PLAY IT SAFE!

**Rec Centre Holiday Schedule**

ARENA	
MON 21 DEC 1300-1500 1600-1800	PUBLIC SKATING MINOR HOCKEY
TUE 22 DEC 1300-1500 1600-1800 1900-2030	PUBLIC SKATING MINOR HOCKEY CHURCH HOCKEY
WED 23 DEC 1300-1500 1600-1800	PUBLIC SKATING MINOR HOCKEY
THU 24 DEC 1100-1200	MINOR HOCKEY
FRI 25 DEC	CLOSED
SAT 26 DEC	CLOSED
SUN 27 DEC 1300-1500	PUBLIC SKATING
MON 28 DEC 1300-1500	PUBLIC SKATING
TUE 29 DEC 1300-1500 1900-2030	PUBLIC SKATING CHURCH HOCKEY
WED 30 DEC 1100-1200 1300-1500	MINOR HOCKEY PUBLIC SKATING
THU 31 DEC	CLOSED
FRI 1 JAN	CLOSED
SAT 2 JAN 0800-2030	MINOR HOCKEY
SUN 3 JAN 0700-1900	MINOR HOCKEY
RECREATION CENTRE INCLUDING POOL & WEIGHT/HYDRA FITNESS ROOMS	
THU 24 DEC	0730-1530
FRI 25 DEC	CLOSED
SAT 26 DEC	CLOSED
SUN 27 DEC	NORMAL HOURS
WED 30 DEC	IN EFFECT
THU 31 DEC	0730-1530
FRI 1 JAN	CLOSED
SAT 2 JAN	REGULAR HOURS IN EFFECT
BOWLING ALLEY	
22 DEC - 2 JAN 88	CLOSED

From the Management and Staff of  
Comox Moving & Storage  
To All Personnel of Canadian Forces  
Base Comox

A VERY MERRY CHRISTMAS  
& A HAPPY NEW YEAR



De la Direction et du personnel de Comox  
Moving & Storage  
A tous les membres des Forces Canadienne  
de la Base de Comox

NOUS SOUHAITONS UN TRES  
JOYEUX NOES ET UNE HEUREUSE  
ANNEE



**Christmas Carols**

**For Your Holiday Enjoyment**

**From The Staff  
Of The Totem Times**



### GOD REST YE MERRY GENTLEMEN



God rest ye merry gentlemen,  
Let nothing you dismay,  
Remember Christ our Saviour  
Was born on Christmas Day,  
To save us all from Satan's power  
When we were gone astray!

Refrain:  
O tidings of comfort and joy,  
comfort and joy,  
O tidings of comfort and joy.

In Bethlehem, in Jewry,  
This blessed Babe was born,  
And laid within a manger,  
Upon this blessed morn;  
Then which His mother Mary  
Did nothing take in scorn.

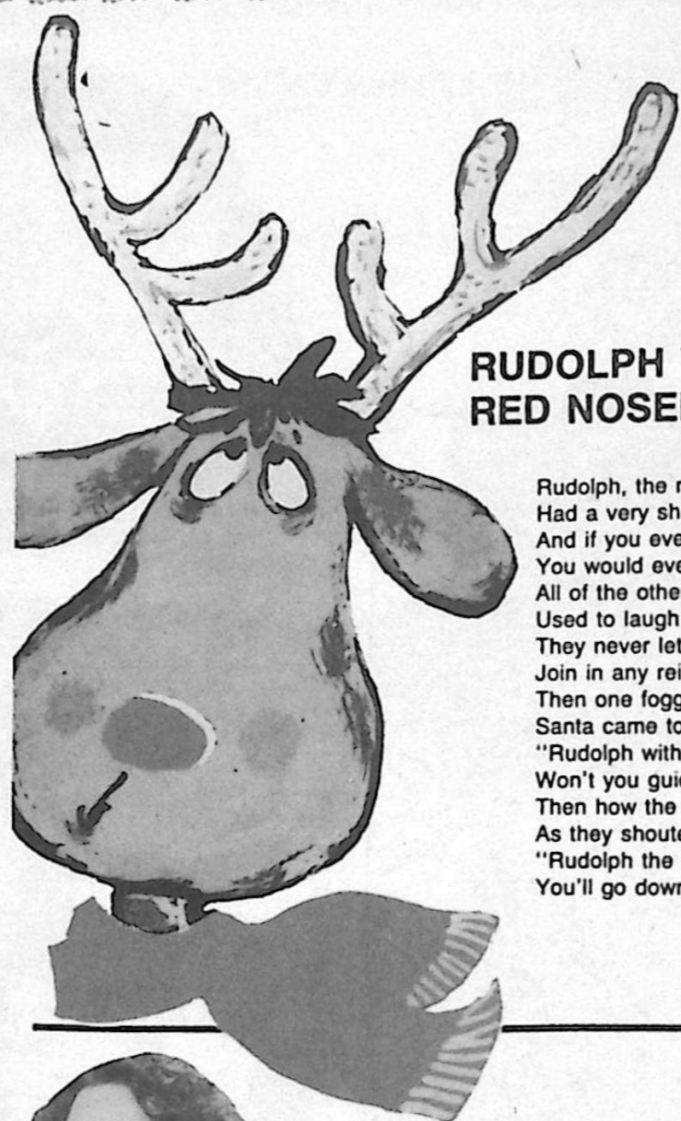
From God, our heavenly Father,  
A blessed angel came;  
And unto certain shepherds  
Brought tidings of the same;  
How that in Bethlehem was born  
The son on God by Name.

"Fear not then," said the angel,  
"Let nothing you affright,  
This day is born a Saviour,  
Of a pure virgin bright.  
To free all those who trust in Him  
From Satan's power and might."

Now to the Lord sing praises,  
All you within this place,  
And with true love and brotherhood  
Each other now embrace;  
This holy tide of Christmas  
All other doth deface.



**EDITOR**  
GORD KRUGER



### RUDOLPH THE RED NOSED REINDEER

Rudolph, the red-nosed reindeer  
Had a very shiny nose,  
And if you ever saw it,  
You would even say it glows.  
All of the other reindeer  
Used to laugh and call him names,  
They never let poor Rudolph  
Join in any reindeer games.  
Then one foggy Christmas eve,  
Santa came to say:  
"Rudolph with your nose so bright,  
Won't you guide my sleigh tonight?"  
Then how the reindeer loved him,  
As they shouted out with glee:  
"Rudolph the red-nosed reindeer,  
You'll go down in history."

(REPEAT)



**CAMERA**  
KATIE WYLIE

Silent night! Holy night,  
All is calm, all is bright  
"Round yon Virgin Mother and Child,  
Holy Infant, so tender and mild,  
Sleep in heavenly peace,  
Sleep in heavenly peace.

### SILENT NIGHT, HOLY NIGHT

Silent night! Holy night:  
Shepherds quake at the sight  
Glories stream from heaven afar,  
Heav'nly hosts sing Alleluia;  
Christ the Saviour is born,  
Christ the Saviour is born.

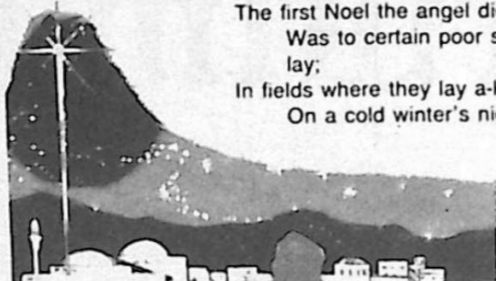
Silent night! Holy night,  
Son of God, love's pure light  
Radiant beams from Thy holy face,  
With the dawn of redeeming grace,  
Jesus, Lord, at Thy birth,  
Jesus, Lord, at Thy birth.



**EDITORIAL STAFF**  
NORM BLONDEL

### THE FIRST NOEL

The first Noel the angel did say  
Was to certain poor shepherds in fields as they lay;  
In fields where they lay a-keeping their sheep  
On a cold winter's night that was so deep.



Refrain:  
Noel, Noel, Noel, Noel,  
Born is the King of Israel.

They looked up and saw a star,  
Shining in the east, beyond their afar  
And to the earth it gave great light,  
And so it continued both day and night.

And by the light of that same star,  
Three wise men came from country far;  
To seek for a King was their intent,  
And to follow the star wherever it went.

This star drew nigh to the northwest,  
Near Bethlehem it took its rest,  
And there it did both stop and stay  
Right over the place where Jesus lay.

Then entered in those wise men three,  
Fell reverently upon their knee,  
And offered there in His presence  
Their gold and myrrh and frankincense

Then let us all with one accord  
Sing praises to our heavenly Lord,  
That hath made heaven and earth of 'nought  
And with His blood mankind hath bought



**EDITORIAL STAFF**  
CHRIS HALLIDAY

## Merry Christmas



May the season bring you every Happiness!



**BUSINESS MANAGER**  
CHRISTA ROBERTSON

### GOOD KING WENCESLAS

Good King Wenceslas looked out,  
On the Feast of Stephen,  
When the snow lay round about,  
Deep and crisp and even;  
Brightly shone the moon that night,  
Thought the frost was cruel,  
When a poor man came in sight,  
Gathering winter fuel.

"Hither, page and stand by me,  
If you know'st, telling,  
Yonder peasant, who is he?  
Where and what's his dwelling?"  
"Sire, he lives a good league hence,  
Underneath the mountain,  
Right against the forest fence,  
By Saint Agnes Fountain."

"Bring me flesh, and bring me wine,  
Bring me pine logs hither;  
Thou and I will see him dine,  
When we bear them thither."  
Page and monarch, forth they went,  
Forth they went together;  
Through the rude wind's wild lament  
and the bitter weather.



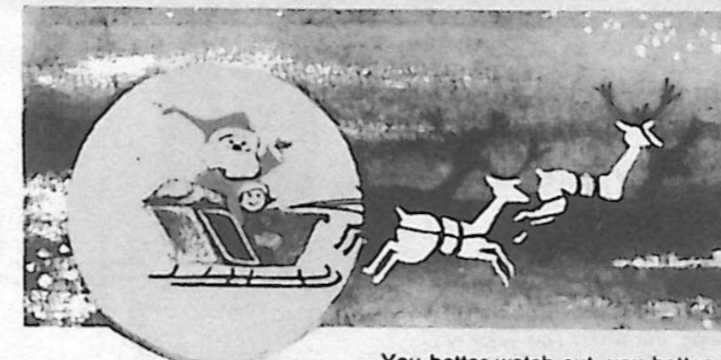
### JINGLE BELLS

Dashing through the snow,  
In a one-horse open sleigh,  
O'er the fields we go  
Laughing all the way.  
Bells on Bobtail ring  
Making spirits bright,  
What fun it is to ride and sing  
A sleighing song tonight!

Jingle bells, jingle bells,  
Jingle all the way!  
Oh! What fun it is to ride  
In a one-horse open sleigh.  
Jingle bells, jingle bells  
Jingle all the way!  
Oh! What fun it is to ride  
In a one-horse open sleigh.



**DELIVERY**  
SHARI MACDONALD



### SANTA CLAUS IS COMING TO TOWN

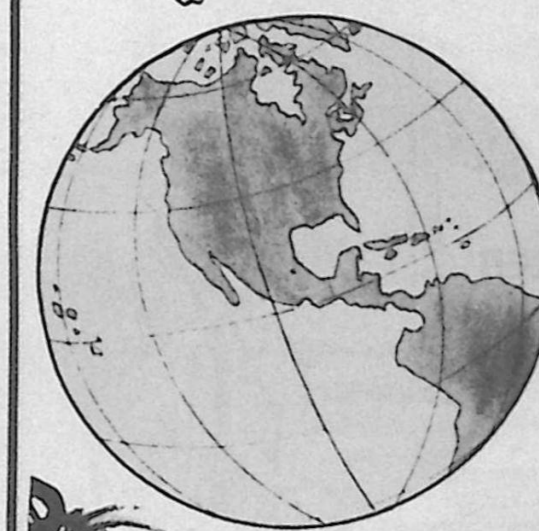


You better watch out, you better not cry,  
better not pout, I'm telling you why,  
Santa Claus is coming to town.  
He's making a list and checking it twice;  
gonna find out who's naughty and nice.  
Santa Claus is coming to town.  
He sees you when you're sleeping;  
he knows when you're awake;  
he knows if you've been bad or good,  
so be good for goodness sake.  
Oh, you better watch out, you better not cry,  
better not pout, I'm telling you why;  
Santa Claus is coming to town.  
With little tin horns and little toy drums,  
rooty-toot-toots and rummy-tum-tums,  
Santa Claus is coming to town.  
And curly head dolls, that toddle and coo,  
elephants, boats and kiddie cars too.  
Santa Claus is coming to town.  
The kids in girl and boyland will have  
a jubilee,  
They're gonna build a Toyland all  
around the Christmas tree.  
So you better watch out, you better not cry,  
better not pout, I'm telling you why,  
Santa Claus is coming to town.



**GIRL FRIDAY**  
JUDI HOOZE

### JOY TO THE WORLD



Joy to the world, the Lord is come,  
let earth receive her King.  
Let ev'ry heart prepare him room,  
And heav'n and nature sing.  
And heav'n and nature sing,  
And heav'n and heav'n and nature sing.  
Joy to the world, the Saviour reigns,  
let men their songs employ,  
While fields and floods, rocks,  
hills and plains,  
repeat the sounding joy.  
Repeat, repeat the sounding joy.  
He rules the world with truth and grace,  
and makes the nations prove,  
The glories of his righteousness,  
and wonders of his love,  
Wonders of his love,  
Wonders, wonders of his love



**DELIVERY**  
MARIE BOURQUE



JENNIFER ANTE

# AROUND THE BASE



## Legion Log

BRANCH 17 COURTENAY

### ENTERTAINMENT\*\*\*

Fri & Sat Dec 18 & 19 *Music by WESTWIND*

Sun Dec 20 *FUN CRIB TOURNAMENT*

Thu Dec 31 *NEW YEARS EVE DANCE*  
*Reserved Seating*  
*\$15 per person - Buffet Supper - Free Corsages*

### \*\*\*REGULAR ACTIVITIES\*\*\*

BINGOS — Mon, Thur, Fri, Sun at 7 p.m.

MONDAY	Fun Euchre
TUESDAY	Pub Darts
WEDNESDAY	League Darts
THURSDAY	Fun Darts
FRIDAY	TGIF & Money Draw at 6:30
SATURDAY	Fun Bridge at 12:30
SUNDAY	Something doing every Sun afternoon

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(reduced prices 11 - 4)

\*Dress Code in effect 8 PM Fri. & Sat.  
(NO JEANS OR T-SHIRTS)

### BRANCH 160 - COMOX

### \*\*\*ENTERTAINMENT\*\*\*

Dec 18-19 *Music by COUNTRYMEN*  
Dec 25 *CLOSED. XMAS DAY*  
Dec 26 *To be advised*  
Dec 31 *NEW YEARS EVE BALL*  
*(See special events)*

Jan 1 *Music by COUNTRYMEN. New Years Levee.*  
*from 2-4 pm. Dancing 1 pm - 5 pm. Branch closes at 6 pm.*  
*Members Br. 160 and bonafide guests. Guests defined as*  
*husbands or wives and invitees.*

Jan 2	<i>Music by COUNTRYMEN</i>
Jan 8-9	<i>Music by CLIPPER</i>
Jan 15-16	<i>Music by ALLEYCATS</i>
Jan 22-23	<i>Music by COUNTRYMEN</i>
Jan 29-30	<i>To Be Advised</i>

### \*\*\*REGULAR ACTIVITIES\*\*\*

MONDAYS	L.A. Drop-In Bingo - 7:30 pm Men's Dart League - Navy Room - 7:30 pm Mixed Dart League - Upper Hall - 8:00 pm
TUESDAYS	
WEDNESDAYS	NAVY LEAGUE DROP-IN BINGO - Upper Hall - 7:00 pm. CRIB LEAGUE - At home or away.
THURSDAYS	1st Branch Executive Meeting - 8:30 p.n. L.A. Executive Meeting as required. 2nd L.A. General Meeting, Upper Hall, 8 p. m. 3rd Branch General Meeting, Upper Hall, 8 p. m.
FRIDAYS	Meat Draws: 2 - 6 p.m. Dance (Normally downstairs unless advised)
SATURDAYS	Meat Draws: 2 - 6 p.m. Dance, (Normally downstairs unless advised)
SUNDAYS	New Hours: 11 a.m to 6 p.m.

*NEW YEARS EVE BALL Lower Lounge-9pm to 3am. Music by WESTWIND. Food served from 9 pm. Hats, noisemakers, etc. Cost: \$35/couple - \$17.50 single. Tickets available at office or bar. Open to all Branch 160, L.A. Members and their bonafide guests.*



## A Reward or a Gift

How often have we sung these words: "You better watch out, you better not cry, You better not pout, I'm telling you why, Santa Claus is coming to town. He sees you when you're sleeping, he knows when you're awake, he knows if you've been bad or good, so be good for goodness sake?"

There are many lines of poetry set to music that we sing or recite, without realizing the message being portrayed. With all due respect to the author, the above verses seem to leave me with the wrong impression. It seems to say to me that Christmas is a time to "reward" and not a time to "give."

Are we saying to children: "What you receive for Christmas will depend on how you behave; so if you are good, you will be rewarded, and if you cry or pout, you will receive nothing?"

A guilt trip may be laid upon them because during the past year they may not have measured up to the mark. Perhaps, they may say, "What's the use, I won't get anything anyway."

If this principle were applied, then, very few, if any, (children or adults) would receive any outstanding reward.

It is interesting to watch animal shows on T.V. and observe their behaviour, particularly killer whales. They are often doing all sorts of tricks and then they are rewarded with a few small fish.

Is that what we say to our children: "If you are good, you will get this or that; but if you are bad, you get no reward"? Isn't it wrong to teach that we do good things just to be rewarded? Isn't that selfish?

It's a good thing that God doesn't treat us that way. The Bible says "For God so loved the world that He gave..." (John 3:16)

God realized that man has outdone himself in his sinful living. He deserves no reward. No amount of good works can undo the wrong that mankind has done.

The Scripture reveals to us concerning the rich young ruler (Matthew 19:16-22), who thought that by obeying the Commandments and observing all the ceremonies and religious rituals, he would receive a favour from God. Yet, he went away from Jesus, a very sorrowful man, for he was unwilling to give.

We have to come back to God as it is recorded in John 3:16 "For God so loved the world that He gave..."

Eternal life from God is not a reward for our goodness. It is given to us freely as a gift, when we acknowledge Jesus as Lord. Jesus came into the world to give His life for us, whether we are good or bad.

He came and gave because of LOVE. God is love. During His earthly ministry, Jesus gave eternal life to Mary and Martha, who were His good friends, and He also gave it to the thief on the cross, who deserved nothing. This is what God's amazing grace is all about.

During this Christmas, we will present gifts to our families and friends. We will, no doubt, give, not because they deserve it or not, but because we love them.

Yes, your child may have asked for a computer, a compact disc, a bike or a pair of skates. But, unless you give love, you give very little.

Don't they need to hear "I love you"? Isn't that what they need most of all? Isn't that what Christmas is all about?

Why not make sure that your love and affection is shared all year through, not just on special occasions. Try it and you will feel better too.

Captain Winston Dodge  
The Salvation Army  
Red Shield Services

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**COLUMBO'S STEAK HOUSE**

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Keep your kitchen clean - eat out at **Smitty's**

### MAKE NOTE

PLEASE CHECK THE FRIDAY'S ENTERTAINER FOR OUR WEEKLY SPECIALS. COMOX

Open 7 a.m. - 8 p.m. seven days

1747 Comox Ave 339-3911

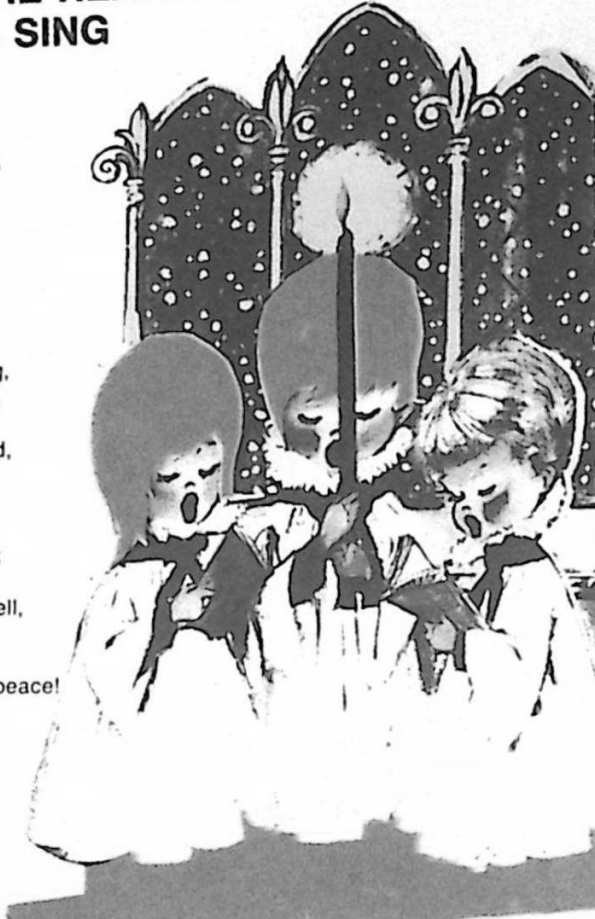
## HARK THE HEARALD ANGELS SING

Hark the herald angels sing,  
"Glory to the new-born King,  
Peace on earth, and mercy-mild,  
God and sinners reconciled!"  
Joyful, all ye nations rise,  
Join the triumph of the skies,  
With the angelic host, proclaim,  
"Christ is born in Bethlehem."

Refrain:  
Hark the herald angels sing,  
Glory to the new-born King.

Christ, by highest heaven adored,  
Christ, the everlasting Lord,  
Late in time behold Him come,  
Offspring of a virgin's womb,  
Veiled in flesh the Godhead see;  
Hail, the incarnate Deity,  
Pleased as Man with man to dwell,  
Jesus our Emmanuel!

Hail, the heaven born Prince of peace!  
Hail, the Son of Righteousness!  
Light and life to all He brings,  
Risen with healing in His wings,  
Mild He lays His glory by,  
Born that man no more may die,  
Born to raise the sons of earth,  
Born to give them second birth.



## O COME, ALL YE FAITHFUL

O Come, all ye faithful,  
Joyful and triumphant,  
O Come ye, O Come ye to Bethlehem;  
Come and Behold Him  
Born, the King of Angels;  
O Come, let us adore Him, Christ the Lord.

God of God  
Light of Light,  
Lo! He abhors not the Virgin's womb;  
Very God,  
Begotten, not created;  
O Come, let us adore Him, Christ the Lord.

Sing, choir of angels  
Sing, in exultation,  
Sing, all ye citizens of heaven above:  
"Glory to God  
In the highest",  
O Come, let us adore Him, Christ the Lord.

Yea, Lord, we greet Thee,  
Born this happy morning;  
Jesus, to Thee be glory given;  
word of the Father,  
Now in flesh appearing  
O Come, let us adore Him, Christ the Lord.



### PHOTO

DOUG SLAUENWHITE



### PHOTO

GERRY FAIRBROTHER



DAWN NICKERSON

## We Rejoice\*

### AWAY IN A MANGER

Away in a manger, no crib for a bed,  
The little Lord Jesus laid down his sweet head.  
The stars in the bright sky, looked down where He lay;  
The little Lord Jesus asleep on the hay.

Be near me, Lord Jesus, I ask Thee to stay,  
Close by me forever, and love me, I pray;  
Bless all the dear children in thy tender care,  
And take us to heaven, to live with Thee there.



### PHOTO

ATTILIO SARTORI

KIM CUMMINGS

### CANTIQUE DE NOEL (O HOLY NIGHT)

O holy night! The stars are brightly shining,  
It is the night of the dear Saviour's birth  
Long lay the world in sin and error pining,  
Till He appeared and the soul felt its worth.  
A thrill of hope, the weary soul rejoices,  
For yonder breaks a new and glorious morn;  
Fall on your knees, Oh, hear the angel voices!  
O night divine, O night when Christ was born!  
O night, O holy night, O night divine!

Led by the light of faith serenely beaming,  
With glowing hearts by his cradle we stand;  
So led by light of a star sweetly gleaming,  
Here came the wise men from Orient land.  
The King of Kings lay thus in lowly manger,  
In all our trials born to be our friend,  
He knows our need, To our weakness is no stranger.

Behold your King, before Him lowly bend!  
Truly, He taught to love one another;  
His law is love, and His gospel is peace;  
Chains shall He break, for the slave is our brother,  
And in His name oppression shall cease.  
Sweet hymns of joy in grateful chorus raise we,  
Let all with us praise His holy name;  
His power and glory ever more proclaim!  
His power and glory ever more proclaim!  
His power and glory ever more proclaim!



### CIRCULATION

SUSAN JOHNSON

SHAWN JOHNSON

SECTION NEWS



# From The Fire Chief's Office

**FIREPLACE SAFETY**

Bright, crackling flames in a fireplace are especially inviting and heartwarming during the holiday season. Here are some tips that should help you and your family enjoy the fireplace for many seasons to come.

Don't burn Christmas wrapping paper or trees in the fireplace. It's not an incinerator.

Hang Christmas stockings on either side of the open hearth, never directly above it.

Don't put the Christmas tree near the fireplace.

**SEASONAL CLEANING**

Have your fireplace cleaned before the start of the season and again, before the end of the season, if used frequently.

Burn no more than three pieces of wood at one time. Fireplaces are not meant to be heaters or a substitute for wood stoves.

Keep the damper closed when the fireplace is not in use to prevent a flow of cold air coming down the chimney into the house.

Invest in a four-piece fireplace set that includes a brush, shovel, poker and tongs. Also buy a cast-iron grate with a good front lip.

Always close the firescreen when a fire is burning.

If you have glass doors, close them at night to minimize cold downdrafts and the escape of room air up the chimney, and to prevent ashes and embers from blowing into the room.

Don't use too much kindling to start a fire. Three full pieces of newspaper, crumpled, and five pieces of kindling positioned in tent formation should be sufficient.

For a prettier fire, burn smaller pieces of wood. Smaller pieces will also prevent smoldering.

The aroma from a crackling fire can be pleasant but it's not healthy. Carbon monoxide and other pollutants are being released. If you smell smoke, call in an expert to diagnose the problem. (It could be due to one or more of the following reasons: hidden blockage; improper chimney design; damper not open wide enough; a mechanized exhaust system is in operation in your home, such as the fan above the stove or your clothes dryer.)

Keep the area in front of and to the sides of your fireplace clear of combustible materials and furnishings.

**REMOVE ASHES REGULARLY**

Ashes should be removed on a regular basis. Remove them

only after the fire is completely out and the ashes are cold. To dispose of them, place ashes in a metal container with a tight-fitting lid.

Don't ever burn charcoal or coal and never use flammable or combustible liquids such as oil, charcoal starters, gasoline or kerosene to start or intensify a fire.

**THE PROMISE OF CHRISTMAS**

There are some fire losses we cannot control. However, because of the advancement in fire detection and firefighting technology we in the Canadian Forces enjoy a statistical fire safety advantage over our civilian counterparts.

Christmas is a time for renewed dedication. It is time to take a hard look at our fire safety programs, and give them a continued emphasis until we see an acceptable level. Our aim is zero personal and property loss due to fire.

The CFB Comox Fire Hall, wish you the very best of all things at this holiday season. Whether it is Merry Christmas or Happy Chanukah, may you always live within the vision of the saints.



# TRUCKIN' TALES

Once again 'tis the season to be jolly and from all of us folks involved in the trucking, moving, mechanical engineering and/or marine businesses a very Merry Christmas and Prosperous New Year!

In keeping with the festive spirit the first priority on the reporting list must be the annual BTN Christmas Party which was held on the 5th of Dec. What with apparel ranging from chrome-capped calf skin boots (harlem style), to football monogrammed suspenders ("our beep are better dressed than your beep"), to pink socks, one quickly got the impression that self-expression was an in thing. Dale Eadie had a few words to say on the subject, two to be exact, but all in all it was evident that everyone had a great time thanks to the superb efforts of the Social Committee. The real surprise of the evening was the obvious lack of holey (not religiously sanctioned) jeans as the finest bib and "trucker" were on display.

All corniness set aside, things have been on the move within the section. Congratulations are extended to MWO Ellis for his recent promotion to that rank, good to see Rod, and unfortunately we must also extend our best wishes for the future to Cpl Merilea Saucier as she retires from the Forces in the near future. Dee Crawford,

our general secretary, is off tanning her laurels in Australia, Merry Christmas down-under, and we also wish good fortune to all who may be travelling to be with family and loved ones during the holiday season. The recent venture to NDHQ Ottawa by Capt Tasse, CPO Hunter (first class no less), MWO Campbell and MWO Kraft also brought word of new and exciting postings and career changes to far and distant localities for many of our personnel.

As with any memorable occasion we approach the New Year with hindsight on things good and bad and resolve to improve ourselves for self benefit or for the benefit of those around us. In this spirit we see the best of deed and the sincerity of love, friendship and accommodation, values considered precious but not always evident.

Therefore, to all friends and acquaintances within and without our section the very best wishes for a Merry Christmas and a Happy and Prosperous New Year. Cheers to all, however, PLEASE DRIVE CAREFULLY AND DO NOT LET AN IMPAIRED DECISION TO DRIVE UNDER THE INFLUENCE DETERMINE THE LIFE SENTENCE OF YOURSELF OR, GOD FORBID, SOMEONE ELSE.

SEE YOU AT THE LEeward!

**PUB HOURS:**  
Monday to Thursday 11:00 a.m. to 1:00 a.m.  
Friday and Saturday 11:00 a.m. to 1:30 a.m.  
Sunday 11 am - 12:30 am

**THE LEeward NEIGHBOURHOOD PUB & BREWERY**

good food!  
KITCHEN HOURS 11 AM - 10 PM

good times!

- country cooking
- rural hospitality
- reasonable prices
- clean air system
- brewing our own natural Leeward lager

RESERVATIONS ARE REQUESTED FOR LARGE GROUPS

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# RIPPLES FROM THE BEAVER POND

throughout the Base and not only the CE Section has slowed down considerably. Oh well, 'Tis The Season To Be Slowly," or whatever that saying is.

The CE Xmas Party was held on 12 Dec and from last report all had recovered enough to return to work on Monday. Some didn't recover, just returned to work. Just a few short notes, tall tales or out and out lies about the evening's turn of events. On one hand you have Keith MacKenzie and not even cracking it open to sample it, on the other hand you have "Wild Bill Irving" having to do an extra wash early Sunday morning to get his scuff/skid marks off his white shirt after mopping the floor or beating his body with the floor, pick one of the above and last but certainly not least,

there was the BCEO being asked to make the draw for a door prize and yes, you guessed it, he drew his wife's ticket (I know because I asked her if it was her number). The best part was that he threw it back and drew another number without even ascertaining her concurrence (those last three words took a long time to come up with). I bet he got what for when he got home. Won't do that again will you, Sir?

On behalf of the Boss Beaver and the rest of the CE Section, I would like to thank Chester Lewis and the rest of the CE Canteen Committee for a job well done and say I personally had a good time, I think.

In closing, I would like to let you know that I am a great believer in luck and I find the harder I work, the more I have of it.

With reference to the facelift I did on the title of our glorious article, the initial reaction shown to me has been almost nil. That could mean any number of things. I prefer to assume that all Beavers accept the fact that at one time or another each one of us has made that pond ripple no matter how slight and therefore can identify with/accept the name change.

With the festive season upon us it seems everything

# HOME & FAMILY

# Talkin' Turkey

TIPS ON CHRISTMAS TURKEY COOKING

# Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC) BASE CHAPLAIN (RC) - Maj J.G.A. Veilleux  
CHAPEL - Our Lady of the Sacred Heart (on Base).  
OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8274.

**MASS SCHEDULE:**

Saturday 1900 hours  
Sunday 1000 hours  
Week Days 0900 hours

**BAPTISMS & MARRIAGES** - By appointment - notice well in advance please.

**CATHOLIC WOMENS' LEAGUE** - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Mary-Anne Stagg, Telephone 338-6214.

**CATECHISM CLASSES** - September - May in the PMQ School at 1830 hrs, every Wednesday. Religious Education Coordinator: Mrs. Fred Chiasson, Telephone 339-6488.

## ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne  
CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8273.  
SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.  
SUNDAY SCHOOL - 0945 - 1045 hrs, pre-school at 1100 hrs.

For further information contact Superintendent Mrs. Pam Hart, Telephone 339-4133.

JUNIOR CHOIR - Practices 1530 hrs. - Thursdays at the Chapel. (Start in September)

SENIOR CHOIR - Practices 1830 hrs. - Tuesdays at 612 Pritchard Rd., Comox.

CHAPEL GUILD - First Thursday of every month at 2000 hrs in the Chapel Annex. President: Margaret Campbell 338-1084 on, Telephone: Margaret Campbell 338-1084

Salmonella is probably the last thing one wants to think about during the Christmas season, but each year thousands of Canadians get food poisoning after eating food contaminated by this and other types of bacteria. Poultry is a frequent carrier of salmonella and although these bacteria are usually killed by heat, improper techniques or storage, preparation or cooking of the Christmas turkey can put you and your family in danger. But, by taking a few simple precautions, you can ensure your family enjoys a safe and happy holiday season.

When you bring the turkey home from the store, refrigerate or freeze it immediately. Fresh poultry should be used within two to three days. The refrigerator is the best place to thaw frozen poultry, but it may be thawed in cold water, (in a water tight plastic bag) or at room temperature wrapped in a heavy paper bag so the outside doesn't become warm before the inside thaws.

Wash hands before and after handling the bird. Avoid cross-contamination by keeping your utensils clean; especially your cutting board. Wash boards

well with hot, soapy water and a small amount of chlorine bleach, then rinse and dry.

Stuffing is a great place for bacteria to grow because it is dense and tends to cool slowly, it therefore stays in the temperature danger zone longer. Always stuff a bird just before roasting and once the bird is done, remove the stuffing immediately. When cooking a very large bird, it is recommended that you roast the stuffing separately.

Temperature is important when cooking poultry. Cook at 325° until the internal temperature of the breast or thigh is 185°, or the temperature of the stuffing is 165°. When using a microwave, use a temperature probe if you have one, or use a regular meat thermometer to check that the meat is cooked once you have removed the turkey from the oven. Birds weighing less than 7 kg or 15 pounds may be roasted in the microwave, but you should check your microwave oven cookbook for cooking and standing times.

At the end of your delicious Christmas dinner, resist the temptation to linger too long over dessert. Leftover turkey

should be refrigerated immediately. The bird should be deboned and the meat placed in small packages for better cooling.

Following are some frequently asked questions about the safe handling of poultry:

Q: I have always thawed my turkey on the counter. Should I change my method?

A: Thawing turkey on the kitchen counter can be a safe method IF the turkey (in its plastic bag) is put into a heavy paper bag. This prevents the outside of the bird from warming to room temperature while the inside is still thawing.

Q: My daughter tells me I shouldn't stuff my turkey. What kind of nonsense is this? I've stuffed my turkey for years and nobody has ever been sick.

A: Stuffing tends to insulate the body cavity and reduce heat penetration which may lead to undercooking, especially if the bird was not completely thawed when stuffed. For large birds, it is advisable to cook the stuffing separately. If you must stuff the bird, do so just before cooking and make sure the stuffing reaches 165° by using a meat thermometer. Remove the remaining stuffing from the turkey after dinner and refrigerate both it and the turkey.

Q: Why take so many precautions in cleaning the kitchen? Why can't I just wipe off the cutting board or the knife?

A: Bacteria are difficult to remove. A quick wipe may only move the bacteria around and cause cross-contamination. To kill bacteria, remove food residues from cutting board or knife, wash with hot, soapy water and then disinfect with a mild chlorine solution.

Q: I left the turkey casserole on the kitchen counter overnight. Is it safe to eat?

A: No. Turkey casserole, like other cooked foods such as meat, poultry, fish, milk and milk products, dressings and gravies, should not be left at room temperature for more than two hours. These foods may contain harmful bacteria which multiply rapidly at room temperature and could cause food poisoning when eaten.

If you have any questions, please write to Educational Services, Health Protection Branch, Health and Welfare Canada, 3155 Willingdon Green, Burnaby, BC V5G 4P2.

# What do you want for Christmas

Once again it's time to trot out all the complaints about what has happened to yours and my favourite holiday. In fact complaining about the commercialization of Christmas has become almost as big a tradition in this season as decorating the tree, or turkey dinner. To go to ridiculous extremes, I could point out that the tree and the turkey don't really have much in common with the real meaning of Christmas either.

After all is said and done though, isn't Christmas a family festival? Isn't it a time for all of the family to get together? Especially important for us military people who are so separated from our families for so much of the time. We all know that decorating the tree and eating turkey dinner are the best of the family festival. All so true!! So what's the problem? Good question. In point of fact, Christmas probably couldn't be much of a family festival if it weren't for all of the commercialization. It

is the constant updating of toys and other products that makes gift giving possible, and it is so important to get the best bargains on gifts, and even on turkeys. One can even point out that the hustle and bustle of Christmas shopping adds a positive note to human relationships. Sometimes, while shopping, we get to see people we know and haven't seen since last year. There is a certain air of good humour and courtesy that is often absent at other times of the year. I for one, am ready to stop complaining about the commercial Christmas, except possibly about the safety and wisdom of certain toys that are for sale, which might be less than good for our children.

You see, there are two sides to Christmas, and I want to enjoy them both. However, I am afraid that the majority of people only bother with the one side, the family festival. Nothing wrong with that if that is all that you want out of life, but I want something more.

Like many others, I want to find something new in my life. I'm not absolutely sure what that might be yet, but I know it won't be found in something that is only a family festival, or in a gift under the tree, or in a new recipe for Christmas dinner. It has to do with having purpose for life beyond temporary pleasures that are as fragile as wrapping paper, and will be over when the tree comes down, and then sought again in another eleven months. I want something new, but also something permanent. You can't go to any store to get that out of Christmas, nor will it be found at the dining room table. The only place you can go for it is to the place where Christmas began. The place where humanity discovers its link with the eternal. To the stable where a child is born, a child that we discovered was God in person. That child grew to be Jesus the Christ, the redeemer of us all. Those who have allowed him to become a part of their lives, have found

their lives changed and bettered and filled with meaning. That's what I want for Christmas this year!

There will be two Chapel Services at the Protestant Chapel on Christmas Eve to which everyone is invited: The first at 7 PM will be a family service to celebrate the birthday of Jesus. There will even be a birthday cake.

The second will be a service of Holy Communion at 11:30 PM.

Merry Christmas and a Happy New Year to all, from the Protestant Chapel Congregation.



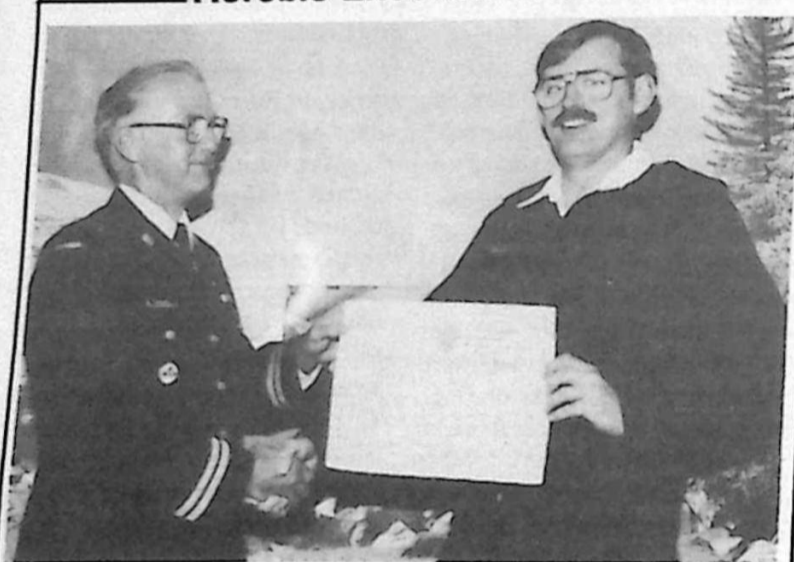
This scene recalls from Nazareth to the town in Judea that was the city of David or Bethlehem, in response according to a decree that had gone forth from Caesar Augustus that a census should be taken. They were Joseph, a humble carpenter, and his equipped wife, Mary, who was with child. The journey was long and toilsome, yet Mary assured a simple word of complaint for her faith was great and her purpose to be fulfilled.

SECTION NEWS



740 Communications Squadron

Aerobic Excellence Award



Capt J.E. Peterson, Det Comd 740 Comm Sqn, presents MCpl Jeff Willis with his first seal to his aerobic award.

First I must apologize to our faithful readers for missing the last three editions of the paper, but PERs had been occupying my mind.

21 Oct was a rather hectic day around the Det, not only were we involved in the base exercise but we also had the pleasure of hosting the Commander of Communications Command who was on a tour of CFCC units and dets in B.C.. BGen Batt's visit was brief, but all members got the opportunity to meet him. After a tour of our facilities, the DIAC and a meeting with the BComd the Commander was off to Holberg on a 442 Sqn Lab.

On 5 Nov Cheryl, Dave, Bruce and yours truly headed off to Nanaimo for the Commanding Officer's parade and training day. The night before the parade Bruce educated us

on the disadvantages of being in a band on parade standing behind a regimental mascot, mainly a horse.

Speaking of Bruce, he was observed, at the last boss's night and again on Remembrance Day, attempting to obtain support in getting a base pipe band off the ground. So if there are any potential musicians out there who have not yet been approached by Bruce please call him a local 8296.

Cheryl finally got around to sending the flowers to Wenda. Not bad only 12 weeks late, now if we can only get her to have the pictures she took at last year's Christmas party developed. Maybe after she

gets back from her JLC in Feb 88.

Al finally got to play hockey for the Demons, hope he can

help them out. Have you seen the standings? They definitely need all the help they can get. One problem solved, another pops up, it seems that Al's dogs are eating him out of home and house. So far they have tasted his furniture, kid's school pictures, stereo wires and most important a photo of an F-18 that was to be used for show and tell. He built a kennel hoping he can stop their appetite for furniture. I'm not sure how long it will last, these dogs seem to think that 2 x 4s are better than puppy chow. If anyone has a photo of an F-18 that they would part with, Al knows a little guy who would sure appreciate it.

Bruce has also encountered a problem with hockey, if it is not the sunburn on the back of his neck (from the little red light that flashes when the opposition scores) it is the limp he gets from attempting to stop a puck by doing the splits. Some people will do just about anything to get out of an evening shift. Seriously I hope you get well soon because by the looks of the standings your team can also use some help. Then again maybe this injury is what they needed.

740 Comm Dets sure sign of winter, Denis has the car on the road. It is the one that sits in the parking lot with a poncho on during the rainy days. No, it is not a smart car, it is just one of those expensive options, a leaky T roof.

CFDA Esquimalt recently asked us to attempt to get some material up to the boys in CFS Masset. (We were in a better

position to hitch a ride on an aircraft than they are). After many failed attempts to get a ride, VU 33 offered us the means to do the job. Volunteer couriers were sought and Dave was selected. (Actually he was flapping his arms even before the Det Comd could ask). On 9 Dec in some of Vancouver Island's best weather, a torrential downpour and limited visibility, Dave valiantly packed up the gear and boarded Tracker 180 and headed north. He claims the trip up was not too bad, he only saw his lunch a couple of times. After a safe landing in Sandspit and swapping equipment with the Masset crew they headed home. Dave claims that the trip back was not as smooth. He was flabbergasted at seeing St. Elmo's Fire, the best special effects show ever. Little did he know that the aircraft was saving the best for later.

Somewhere along the line old 180 lost pitot heat (whatever that is) then Dave's window shattered and finally to really make his day they had an unsafe landing gear indication.

Dave got to do his first couple of fly pasts (the control tower that is). Thanks to some great flying by the crew Dave made it back safely. The pilot even called the next day to see how Dave was. Sir, he may have told you that he was alright but he sure was pale. After telling everyone about his trip, some of the Det personnel would like to try the same thing.

With Christmas rapidly approaching most of the Det members have written to Santa. Quick peeks over their shoulders indicate the following:

Capt Peterson-an up-swing in the stock market and the pool only closing when he is on leave.

Steve-a larger commcen and the largest keg of draft made (full of course).

Serge-a covered bike and a set of rain gear.

Jeff-no rain between 0630-0700 and 1530-1600 daily and a ride in a jet (type negotiable).

Dave-a photo of the VU33 crew that flew him to Sandspit (with Tracker 180 in the background) and the remains of the window that shattered.

Al-new furniture, including stereo wires or muzzles for his dogs.

Cheryl-a little off one part of her anatomy and a little added elsewhere, and to do well on her JLC.

Bruce-we can't print what he wants.

Don M-a wallet with a chain (remember Penhold).

Don R-the best war game made and to win one of the battles in the above.

Denis-a weekend on Denman St in Comox and a blue poncho for his car.

Charlene-a weekend in what room of the West Edmonton Mall Hotel, and another body in the commcen so she can get her New Years leave.

Johanna-a talented boyfriend.

LIFESTYLE



music reviews and syndicated columnist

THE LEGEND OF LYNRYD SKYNYRD

Ten years ago, to be exact ten years ago today (October 20, 1977) the crash of a light plane took the lives of Ronnie Van Zant, Steve and Cassie Gaines and Dean Kilpatrick. At the time of that crash, Lynryd Skynyrd (pronounced Leh-nerd Skin-nerd) were one of the top bands and could lay claim to a solid string of platinum album products which included "Second Helping," "Nuthin Fancy," "Gimme Back My Bullets," the album which helped people to say the name properly "Pronounced Len-nerd Skin-nerd" and "Street Survivors" which was released three days before the plane crash.

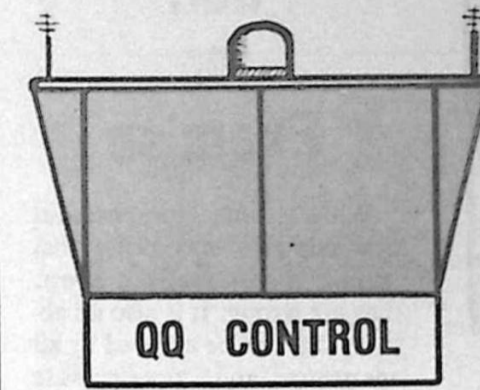
As history has proven, the Rossington-Collins Band rose Phoenix-like from the ashes of Lynryd Skynyrd but now "Legend" (MCA-42084) brings into focus one of the greatest lead-vocalists of modern music, the late Ronnie Van Zant. "Legend" is a collection of both hard-to-find B-sides and recordings incomplete at the time of the band's demise. Long time LS fans may recognize "Take Your Time (the flip side of the single "Sweet Home Alabama"), "Mr. Banker" (the B-side of "Gimme Three Steps") and "Truck Driver" (found on the 45 of "Don't Ask Me No Questions"). All three tunes appear on an album for the first time.

A pair of tunes, "Sweet Little Missy" and "Georgia Peaches" were originally intended for the "Street Survivors" elpee. These basic tracks were completed this summer, by Rossington, Powell and Wilkeson. At the same time, the three musicians also overdubbed parts for "Four Walls of Raiford" (a simple blues tune featuring Ronnie Van Zant with .38 Special guitarist Jeff Carlisi) and "When You Got Good Friends" (written in tribute to Charlie Daniels). "One in the Sun," with Steve Gaines singing as well as playing guitar, was originally recorded with his pre-Skynyrd group Crawdaddy. Rossington, Powell and Wilkeson kept Gaines' vocal and guitar and added new parts. The set also includes a live version of "Simple Man," recorded at the famous Atlanta Fox Theatre which was captured on "One More (For) From The Road."

In conjunction with "Legend's" release, Lynryd Skynyrd's album have regrouped for a nationwide tour. Catch them in concert or, at the very least, pick up on a "legend."



LYNRYD SKYNYRD



As The Beacon Turns

As 1987 draws to a close and I submit my last article for the year, I would like to wish everyone a very Merry Christmas and a Happy New Year and thank those who have passed on their comments concerning the article, be they good, bad or indifferent. We at ATC would also like to wish Maj John Stariha a very speedy recovery and hope he is back at the helm of ATC again soon.

A lot of noteworthy accomplishments have occurred around the section over the last couple of weeks, most of it being positive. Cpl Alain "Alien" Rheume recently qualified as a radar controller and has vowed to save all intergalactic space craft from certain destruction. Rumour has it they checked him out so he wouldn't have to do the mail run anymore, because we don't have enough vehicle batteries (check those lights Alien). Pte Doug ("Where's my headset") Godden checked out in data and has vowed to join and break Pte Kevin Young's union. Word has it KY get "several" breaks in during the day.

Congratulations was the tall order for the day at ATC last week as Pte Kevin Young found out he will be the next ATC Corporal in January. Kevin will receive this promotion eight months early, a good bonus for a job well done, which leaves us to wonder if there are any more promotions in the making. I must also congratulate Cpl Sylvain Houde as he recently completed his radar course and also for his upcoming marriage in the summer. I must confess I have all the admiration in the world for Sylvain because he recently told me the "first" thing he did when he landed in Comox was to read my article.

Thanks Sylvain, your five bucks is in the mail. In the last article an oversight on my part occurred when I neglected to mention the other distinguished gentleman who received his CD2 for 32 years of service. He, of course, is Capt Dave Blamire. We asked Dave how old he was but all we were able to find out is he knew all the original people in the service back in its conception. Just kidding!

I haven't heard anything about our curling team so I assume they are rebuilding after that disastrous game they had a few weeks ago when they were beaten 11 to 4. Things around the section sure were quiet last week when Capt Ten Norrie, MWO Dale Campbell and Sgt Dave Tack returned from Chilliwack. They went over as part of the Base Old Timers Hockey Club for a tournament. We heard it was a bit of an eye opener for the team as they were trounced in their two games. Capt Norrie was finally able to talk about it after days of prodding by various members of the section. MWO Dale Campbell just didn't come out of his office and Sgt Dave Tack never left the Par scope, in fact he is probably still sitting there. Our own ATC hockey team is doing OK having tied one and lost one in their last two games. The game that ended in a tie had a couple of highlights as Pte Tom Banks scored his first goal to make it 5-4 but it was to no avail as we choked and the game ended in a tie. The second game had no highlights as we were trounced 9-4. Enough said.

The last item on the agenda is the annual BOps Christmas Party which this year was at the De Esterre House on the 12 Dec. It was very well attended

with the ATC section comprising the bulk of the personnel; after all we are the largest section. Dignitaries in attendance included the Base Commander, Col Gibbon, BOPsO, LCol Rogers, D/BOPsO, Maj McGill, BNDO, Capt Gavin, BSecurO, Capt Cossette, BMetO, Arnie Mathus and from DIAC, Maj Small. The food served was fantastic and the music afterwards kept everybody hopping. Cocktails were at 7:30 and dinner commenced around 8:20. The meal was enjoyed by all and during dessert we were treated to a few magical, mystical, memorable moments with the masterful magician, Capt Trevor Jones. Definitely the highlight of the evening as he kept the audience entertained. Rumour has it he was offered a show called "Late night with Trevor Jones" on opposite that Letterman fellow. Capt Jones left no stone unturned as he insulted all and everyone who stepped in his way. The classic as far as lines were concerned was Arnie Mathus and his marvellous marauding mass of motivated middle-aged manly Met men who unmercifully mete out a meaningless menu of mediocre mythical meteorological misinformation. Definitely a mouthful.

As an MC Capt Jones is marvellous so see him at a theatre near you. I still think he's in trouble over that dining/eating remark. Everybody looked nice in their fancy clothes and later on some of the ties even came off. Again the party was a big success and I must convey my sympathy to those who could not attend. So with that I will leave you till next year and Merry Christmas to all, and to all a good night.

Cpl Fleury

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# HEALTH AND WELL BEING

## info health

Dr. Bob Young



### THE WEIGHT OF CHRISTMAS

"I'll start my diet right after Christmas, Doc." Sometimes patients make this statement as early as September! I'm a generous soul, but sometimes I feel that these people are not well motivated.

Christmas is a dangerous time for those with weight problems. Two or three Tom and Jerrys doing the "tree" can blow the calorie allotment for the whole day. And there are still the chocolates, nuts, cookies, cracker dips, and all the rest. We have not even got to dinner yet - another million calories.

There can be no holiday season for the serious weight watcher. The body gobbles up all those little morsels like Pac Man and if care is not taken it can be mid-February before the weight gets back to its November level.

There is some hope. The moderately weak-willed may be able to survive on oranges and carrot sticks instead of candies and chips. The Christmas dinner need not be twice as big as the average meal, and maybe tradition can be broken by serving a salad instead of mashed potatoes, gravy, and turkey stuffing.

If climate and conditions

permit, get out of the house and exercise. Walk, cross country ski, or shovel out the driveway. Go curling or skating. On the west coast, where I live, we can go sailing or golfing, but I won't mention this.

With luck, getting out will get you away from the food at home. Exercise will help burn off the calories already eaten - but a candy cane equals 15 minutes cross-country skiing, the plum pudding 45 minutes of skating. And avoid exercising in the cold with alcohol in your system as this can lead to hypothermia.

One of the problems with the holiday season is the fact that there is often so much food around. The Christmas dinner probably does not do as much harm as the leftovers. Eating out on Christmas may be the answer for some dieters.

There is always good news. If you do fall by the wayside during the season you will at least be providing work for fitness centres, nutritionists, and maybe even your doctor, come spring!

Info/Health is brought to you by the British Columbia Medical Association and the Totem Times.

## Curl for Exercise

While some blasphemous non-indulgents may claim that curling is not really a sport, they are wrong. It is also an activity that can be enjoyed by all age groups, and it does provide useful exercise. The season is upon us, and perhaps a few medical hints would be timely.

Curlers are less likely than other athletes to warm up before a game, although they should. The rules do not permit throwing a few rocks before playing - at least on the sheet to be used - so other methods must be found. The fact that the game is played in a cold environment makes a warm-up even more important.

Older players, particularly, should work out the kinks before they have to sweep an under-thrown rock into the house.

Light, general body conditioning is the key. This is supplemented by "sport specific" stretching and strengthening of the shoulders, back, and upper leg muscles. Ideally the appropriate exercises should be taught by a physical education instructor.

The curling broom itself is a good prop for shoulder exercises. This can be held in both hands and pushed, pulled, twisted, and placed behind the back in positions that will stretch and strengthen shoulder muscles.

Backs are worked on by half sit-ups, twisting the left shoulder towards the right knee (and the reverse) while sitting, arching the back while on the stomach, and lifting the bent leg toward the shoulder while lying on the back.

There are similar exercises for the leg muscles. Purchasing a booklet on warmup exercises is a good investment. The pictures give a better indication than words can of what should be done.

Ice is slippery and falls by curlers are common. Proper footwear is important. Care should be taken to avoid tripping over stones or your partner's broom.

Lifting and throwing the stone should be done properly, to avoid back injury. Strive to develop the smooth, effortless delivery that is easy on your body. And have fun!



## ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm., Community Pharmacist, Vancouver Shoppers Drug Mart

### HEARING IS PRECIOUS

Your hearing depends on a complex system of membranes, bones, hairs, nerve fibres and fluids, any one of which may be damaged gradually or suddenly. Prevention is the key to dealing with hearing loss because most forms of ear damage are irreversible.

Before the discovery of antibiotics, the most common cause of hearing loss was bacterial infection. Today, it is the structural changes and degeneration that come with aging. Although aging itself cannot be prevented, you can certainly delay its effects on hearing if you pay attention to the daily care of your ears.

One of the major causes of gradual hearing loss is excessive noise. We hear something when the brain registers the striking of sensitive tissues by soundwaves; the stronger each impact, the more likely these tissues could be damaged. The combined effects may build up so slowly that a person is not even aware of them, but as years pass by the ears will age much faster than the rest of the body.

Sudden deafness may result from infection, not only one which originates in the ear, but

also the kind which spreads from another location. Deafness can also be caused by skull fractures, various diseases or improper use of medication.

People who casually poke their ears with toothpicks, matchsticks, or cotton swabs regularly contribute to statistics on deafness. Pregnant women should beware of German measles and Rh incompatibility - problems which could endanger the hearing of the fetus.

Trying to diagnose even minor hearing problems yourself is unwise because any delay in seeking needed treatment may have terrible consequences. That "stuffed-up ear" you may feel can be caused by anything from wax buildup or a pinched neck nerve to a serious infection.

Your hearing is priceless, so you should seek prompt advice about any problem from your doctor or pharmacist. When treatment or medication is prescribed, be sure you understand the instructions and carry them out to the letter.

Ask Your Pharmacist is brought to you by Shoppers Drug Mart and the Totem Times.

## ...more BAMSO

Sgt Bill Gosse is off to Nova Scotia for Christmas, if Air Canada gets into the holiday spirit. George and Sandy are staying in town and Blake will be in Ontario for Christmas.

The arrival of the holiday season seems to always coincide with the unexplained reductions in our bank accounts. Most people prepare themselves before they go out shopping, but then realize the end of January is only a few weeks off. Have a safe and peaceful holiday season.

### SAFETY SYSTEMS

Our section party was held on Saturday with a great deal of interest shown by the Great White Hunter Society. The few of us who have never tried moose, were treated to a couple of dishes to tempt the palate of any Chef. Ed Medford and Ken Lamphier came out of retirement to attend. Thanks are extended to Gil and Cathy Bullock for being hosts to another soiree.

The annual "stab-in-the-back" gift exchange is to take place, so sharpen your knives and do some fun shopping. Our new shop is under construction and starting to take shape, so that will explain any unusual sounds coming from our vicinity. Hopefully it will be done in time for the Christmas Open House, but we're not putting our tree up yet!

We in the SST Section, would like to wish all a joyous holiday season and hope to see all in the New Year. Take care, and if you drink, don't drive!

### BASE PHOTO

Ho, Ho, Ho! 'Tis the season and all that! It has been decided that it's high time someone from Base Photo write something for the paper. Actually, it was decided about 3 issues ago, so here it is folks - all the news that's worthy.

Gerry Fairbrother (known lovingly to his friends as "Bones") is away in Chilliwack playing hockey with all his "oldtimer" buddies. By the time you read this, he'll be back, groaning, no doubt about how "these old bones can't take all this abuse." Apparently they're playing the regionals or something. Belated "Good Luck."

The Base Photo Official Christmas Photo, is proudly on display on our front counter. Once again, it's a work of art! We get better every year. This year, it wasn't even taken by a photo-tech, but a misguided firefighter who thinks all one

## LIFESTYLE

CONTINUED FROM PAGE 6

Vern? And finally, let's talk about snow! Finally, after much lost sleep, the "Big ski trip" is on. Can't wait to go swooshing down those slopes on the bunny hills. With the kind of luck I've been known to have, I'll break my leg first day out, and that will be that. Actually, I think if I don't do something, the guys around here will be a tad disappointed.

One funny thing happened to Dawn. Her birthday was last week, and she took the day off. We just happened to have a small pizza box from one of her "regular" restaurants in Otawa, and Heather Slauenwhite (creative genius at large), made a wonderful cake that, oddly enough, looked just like a pizza. I called Dawn (on some pretext), and in she came....welcomed by a "flash

in the face," amid wails of "HAPPY BIRTHDAY TO YOU." Her face was as red as her jacket. We were going to put a photo in this edition, but unfortunately.....!- Anyhow, that's that for now. But on a closing note, we here at Base Photo would like to wish everyone a very Merry Christmas, and a happy and prosperous 1988. So, Ho....Ho....Ho!



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V0S 1E0 or phone after 5 p.m. (604) 537-9817.</p>	<p><b>HELP WANTED</b> Full-time Paediatric Physiotherapist position. NDT and/or Sensory Integration Cert. preferred. Salary/benefits negotiable. Respond by Dec. 15 M. Mecker, Box 223, Powell River, B.C. V8A 4Z6. (More info: 483-2121).</p> <p>Overseas Positions. Hundreds of top paying positions. Attractive benefits. All occupations. Free details. Overseas Employment Services, Dept. CA, Box 460, Mount Royal, Quebec, H3P 3C7.</p> <p>Executive Assistant/Project Coordinator required for Regional Tourism Association. Must have administration, marketing and communications. Resumes to: North by Northwest Tourism Association, Box 1030, Smithers, B.C. V0J 2N0.</p> <p>Sporting Goods Manager required full time starting January 1988. Outdoor retail experience necessary. Send Resume to Box S, c/o Yukon News, 211 Wood Street, Whitehorse, Yukon Y1A 2E4.</p> <p>Major Super Market in Dawson Creek B.C. requires Bakery Manager with excellent product quality and House-keeping standards. Apply to Federated Cooperatives, Box 2260, Edmonton, Alta T5J 2P5.</p> <p><b>REAL ESTATE</b> Vancouver Island vacation or retirement homes on Ocean Property starting at \$57,500. Sales and rentals. Beach Acres Resort, Box 2396, Parksville, B.C. V0R 2S0. 1-800-663-7309.</p> <p><b>SERVICES</b> ICBC eye you money for personal injury? Vancouver lawyer Carey Linde (since 1972) has Free Information. Phone 1-684-7798. Second Opinions Gladly Given.</p> <p>ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five year medical school before law. 0-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.</p> <p><b>WANTED</b> Wanted 24" Shake Blocks. For top quality, we will pay up to \$450/P.C. delivered mill. 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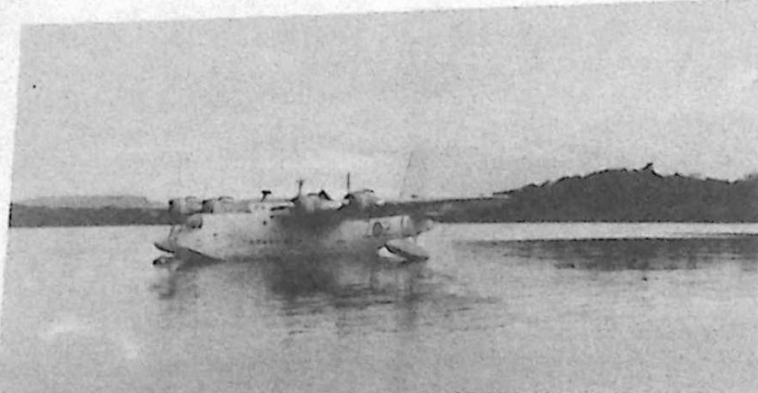


422 (GR) SQUADRON

Origins of the Species

John Bradley

Canada's 5th Overseas Coastal Squadron was 422 General Reconnaissance Squadron which formed on 2 April 1942 at Lough Erne, Fermanagh, Northern Ireland. As a General Reconnaissance Squadron they were tasked with providing convoy escort and anti-submarine patrols. To accomplish these duties, 422 was equipped, initially, with the Saro Lerwick flying boat.



This Short Sunderland Mk III, ML884 2-Z of 422 (GR) Squadron is seen at a peaceful mooring at an unknown location. (PL31476 via Al Scott).

The Saro Lerwick was a twin engined deep hulled flying boat that, while having certain good characteristics, was not widely adopted and in fact just 21 aircraft were in use within Coastal Command. In fact, 422 received the lion's share with eight of these aircraft and used them for training in flying boat operations. By Nov of 1942, the Lerwicks were withdrawn from Coastal units and replaced with a variety of other aircraft types. During this same period, 422 also flew the Consolidated Catalina Mk. IB, III, and VB. With the termination of Lerwick operations, the squadron also gave up their Catalinas. During this early stage, 422 used the DG fuselage codes on both the Lerwicks and Catalinas.

Unlike the Lerwicks, the Catalinas were used on actual missions. Between 30 August and 24 September, Catalinas FP103 DG-A, FP105 DG-B, and FP106 DG-C, provided escorts to the Convoys PQ18 and PQ14. These two convoys accounted for the first 15 sorties as the two convoys were carrying personnel and equipment to the Russian ports of Murmansk and Archangel. The next ten missions were carried out between 29 Oct and 15 Nov and involved ferrying Catalinas between Gander, Newfoundland and Lough Erne.

During the two week period that elements of 442 were transporting Catalinas across the Atlantic, the remainder of the unit was moving from Lough Erne to Kesh which was also in Fermanagh. However, even before they had a chance to fully unpack, they were on the move again as they departed for their new base at Oban, Argyll in Scotland on 5 Nov. It was during these two moves that they began to give up their Saro Lerwicks and Consolidated Catalinas for the aircraft that would be their workhorse for the remainder of the war, the Short Sunderland Mk. III flying boat.

SHORT SUNDERLAND

The Short Sunderland flying boat was actually derived from a civilian aircraft, the Imperial Airways Empire. The Sunderland was a four engined, deep hulled aircraft that carried a crew of thirteen, the aircraft was equipped with 1,065 hp Pegasus XVIII nine cylinder radial engine that propelled the 58,000 pound all up weight aircraft at a speed of 213 mph. Maximum range was 2,900 miles. Armament consisted of 8 .303 machine guns and up to 2,000 pounds of bombs, depth charges, mines, and other pyrotechnics. During the war numerous modifications combined with its defensive armaments led to the Luftwaffe nicknaming the aircraft the "Flying Porcupine." Sunderlands had been known to fight off up to five or more enemy aircraft and on one occasion a RAF Sunderland shot down three JU-88s and drove off at least the same amount in the same engagement. 422 carried the single code 2 on their Sunderlands.

422 started training in earnest with their new aircraft over the Winter of 1942-43 and by Feb was ready for its first operational mission. This was the unit's 27th sortie and took place on 25 Feb when F/O P.T.Sargent and crew in Sunderland W6032 2-H were sent out on a training anti-submarine Patrol of Convoy ONS169 that was heading back to Canada with 38 merchantmen and 2 naval escorts. They returned after a long uneventful trip.

Within the week, the first official General Reconnaissance mission took place when the CO, W/C Skey, took W6026 2-C on a patrol from Oban on an anti-submarine patrol. As was the case in the previous week's mission, they returned after a long and uneventful patrol.

Over the next two years, 422 would fly hundreds of sorties while seeing very little of enemy submarines and even fewer attacks on the odd U-boat that they did come across. It was not until 10 March 1944 that they were finally able to claim a U-boat.

On that day, WO2 W.F.Morton and crew were on a training/check ride in EK591 2-U. This was WO2 Morton's first sortie as an aircraft captain and he was being screened by F/L S.W. Butler of the RAF. A U-boat was observed in the distance and the large aircraft was brought around for the attack. Depth charges were dropped and the submarine was seen to go to the bottom. This was to be the one and only submarine sunk by the squadron during the war though they were able to claim another submarine as damaged.

With the cessation of hostilities 422 was found at their latest base which was Pembroke Dock in Wales. While squadron personnel assumed that they would be repatriated back to Canada, they were soon told they they would be transferred to Transport Command as of 5 June 1945. 442 was now a transport unit and was placed under command of the RAF's No. 47 Group to become part of the "Tiger Force" that was then in training to become part of the increased RAF/RCAF contribution in the Pacific war against the Japanese. They remained at Pembroke Dock until 24 July with their new aircraft, the Consolidated Liberator C Mk. VI and VIII. On 25 July they transferred to Bassingbourn in Cambridgeshire where they continued with their training until they were disbanded on 3 Sept 1945.

SQUADRON HONOURS

During the war, 422 had become known as the Flying Yachtsmen. Their Badge however, did not reflect this nickname as the badge had as its central device, an arm holding a tomahawk. The painted arm indicated a Red Indian Brave at war and the motto, written in English, was THIS ARM SHALL DO IT, and was taken from Shakespeare and refers to the Squadron's striking power. King George VI authorized the Badge in Oct 1943.

During the war 422 claimed 1 U-boat sunk and 1 U-boat damaged. Sorties stood at 1116

and accounted for 999 250 pound depth charges dropped.

Casualties to the squadron included 11 aircraft, 16 personnel killed, 36 personnel presumed dead, 29 injured, and 22 who were rescued in combined operational and training missions. Awards to the members included 1 OBE, 1 MBE, 6 DFCs, 1 BEM, 1 Air Medal (USA), and 22 Mentioned in Despatches. The Atlantic 1942-1945, English Channel and North Sea 1944-1945, Normandy 1944, Biscay 1944-1945 and Arctic 1942.

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LIFESTYLE



MRS. "DUFFY" MCLARTY

Farewell Duff

We bid farewell to Mrs. A.F.S. "Duffy" McLarty on the occasion of her retirement from the Public Service on Dec 30, 1987.

Duffy and her husband Don arrived in the Comox Valley from Borden, Ontario in 1973. Commencing in June 1974 and for several summers thereafter, Duffy was the Commander's secretary at HMCS Quadra. Her secretarial skills were then needed on Base proper. Mrs. McLarty moved to occupy positions as secretary at Base CE, Supply, Base Operations, and finally AFIS, where she has worked for the benefit of all for the last two years.

We at AFIS join the rest of Comox in wishing Duffy and Don a pleasant and happy retirement together. Your cheery disposition and helpful way will be keenly missed by everyone at work, but we'll continue to cherish your friendship in 1988.

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LIFESTYLE



Accelerated Upward

Capt Cossette, BSecur0 presents Wayne Wornes with his accelerated promotion to Cpl. (Base Photo).



From the Staff at Canex Service Station we wish you all a very Merry Christmas and a Happy New Year

We will close Christmas and Boxing Day Re-Open Dec 27th

Don't forget - Enter our Christmas Draw. It's FREE to our customers. Plus check our selection of stocking stuffers - All at a low low price.

BOXING DAY

INTERMESS

GOLF

TOURNAMENT

\*Registration at GGGC prior to 9:30 for 10:00 a.m. tee off.

\*Registration at GGGC prior to 9:30 for 10:00 a.m. tee off. \*Open to serving and retired members.

\*Calloway system scoring. \*Food and refreshments. \*Entry fee \$2.

Christmas Seal '87!



Support Your Lung Association

Officers Mess

WEDNESDAYS DECEMBER 16

OFFICERS' COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAYS DECEMBER 18

REGULAR TGIFs: Food as indicated 1700-1800 hrs. Free taxi-ask at Bar

THURSDAY DECEMBER 17

INTER-MESS VISIT: The Officers will host the SR NCOs Mess. Dress will be S3.

SUNDAY DECEMBER 20 SUNDAY JANUARY 3

NOTE: The dining room will be closed

THURSDAY DECEMBER 31

NEW YEARS EVE

RECEIVING LINE 1930 hrs  
CHAMPAGNE PUNCH 1930-2000 hrs  
DINNER SERVED 2000 hrs

MENU

- FANCY BUFFET
- ROAST BEEF
- SALMON
- ROAST TURKEY
- JUMBO SHRIMP
- BAKED POTATO
- MIXED VEGETABLES
- ASSORTED SALAD \* CHEESE TRAY
- PLUM PUDDING FLAMBE

Reservations by 18 Dec 87. Cost per couple: Members \$40 Limited Associates & Guests \$50. Dancing to Margaret Taylor Band (5 piece orchestra) from 2200-0130 hrs. Dress for the occasion: Members - Mess Kit Associates & Guests - Black tie formal Ladies - Long OR Short Formal

FRIDAY JANUARY 1

NEW YEARS LEVEE 1100 hrs. Dress is S3

WEDNESDAYS JANUARY 6, 13, 20, 27

OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAYS JANUARY 8, 15, 29

REGULAR TGIFs - Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS JANUARY 13, 27

OWC BRIDGE CLUB

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide. NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function.

DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.

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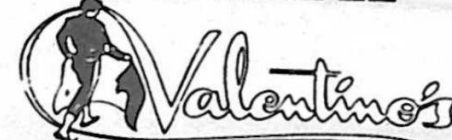
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CANADIAN FORCES UPDATE

TOTEM LOUNGE



DECEMBER 87

DECEMBER 16 SINGLES MESS DINNER

DECEMBER 31 NEW YEARS EVE

2000 Hrs - Band: 3RD DEGREE

Tickets on Sale at Mess Manager's Office (Nov 1 - MEMBERS AND Dec 1 - Guests).

Admission: Members - \$30/couple and \$15 single. Guests: \$40/couple and \$20 single



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In the spirit of all the wonderful feelings and sentiments this season brings I extend a sincere Thank You for the confidence you have placed in me and it is hoped that the fine relationship we have established during the past year will continue for years to come. Best Wishes to you and your family during the Holiday Season and throughout the coming New Year.

Sincerely Tom Procter

Classified

RATES

Effective October 1, 1987 ALL insertions will be \$3.50 per column inch.

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WANTED: Someone to share house at Kin Beach. 339-0750

COUNTERATTACK



A DECADE DOWN A SAFER ROAD

The Comox Air Force Museum will gratefully accept donations of the Canadian Forces Greens Uniform from personnel being issued the Blue uniform.

The Museum is looking for all types of uniforms from work dress to dress uniform including greatcoats, raincoats, etc., for the permanent collection.

Please contact the curator, Nancy Greene at 339-5638 or drop by the Museum.

Winter Hours are 10-4 Friday, Saturday and Sunday.



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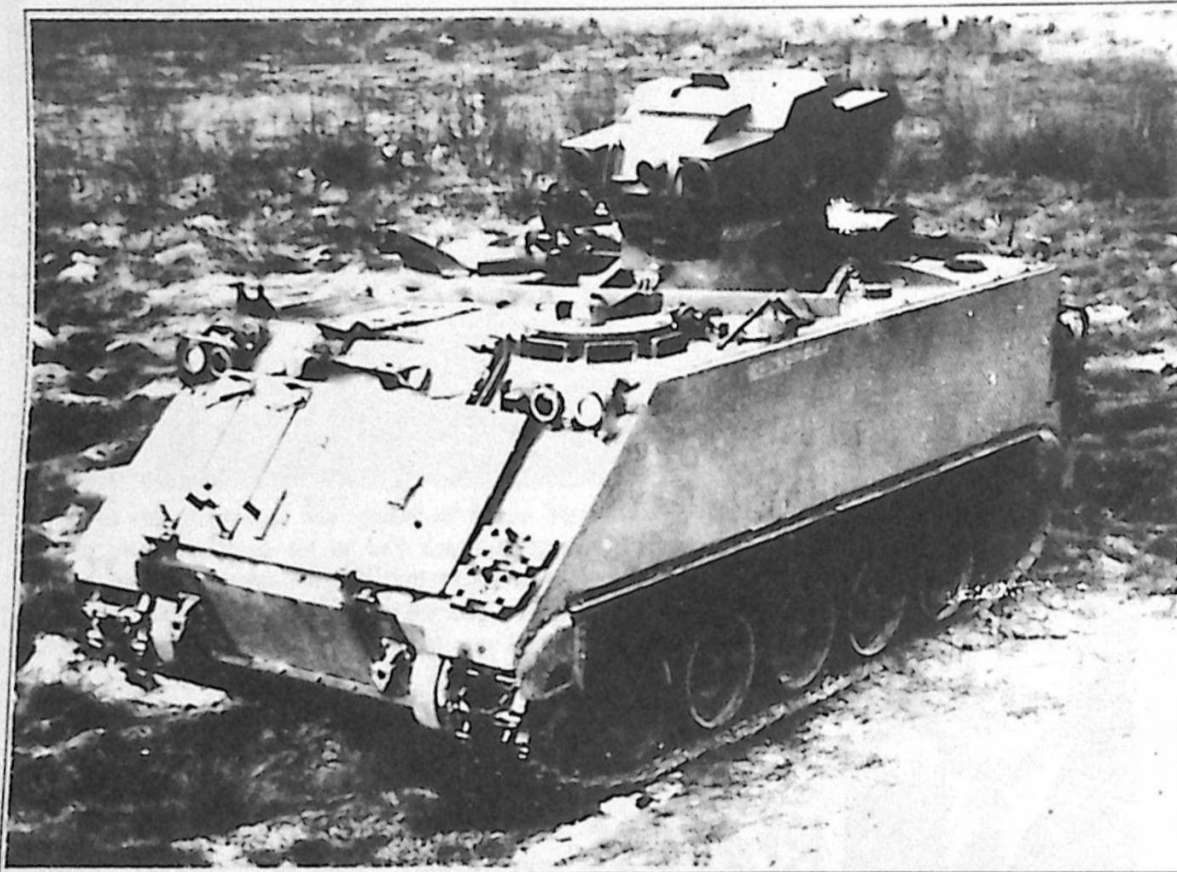
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Unicef Canada

# Canadian Forces Update



## Protection for anti-armour crews

Unprotected crews of the TOW long-range infantry anti-tank missile currently mounted on armoured personnel carriers (APC) will be getting a much needed armoured protection. The TOW Under Armour Project has gained Treasury Board approval for the acquisition of 64 TOW 2 systems using the Norwegian Thune-Eureka armoured launching turret. An additional six turrets mounted on stands, will be purchased for operator and maintainer training.

Invar Manufacturing Ltd., of Batawa, Ontario was selected to build the turrets and mount them on the M113A2 APCs used by the infantry. Deliveries are expected to commence in February 1989 and be completed by September 1989. The total project cost, including transportation and project management is \$73 million in 1985/86 dollars.

The majority of these units will be used in Europe by 4 Canadian Mechanized Brigade Group. The remainder will be used in Canada for training purposes. This armoured launching turret will provide much needed protection to infantry crews currently using the TOW 2 anti-armour missile system. It is capable of defeating all variants of Warsaw Pact tanks.



WHAT ARE YOUR NEW YEAR'S RESOLUTIONS?  
TO BREAK BAD HABITS AND GET INTO SHAPE?

*LET 1988 BE YOUR YEAR!*

Classes start again in January.  
 Mon, Wed, Fri 9:15 - 10:15 a.m. Starts Jan 4 - \$12 for 4 weeks.  
 Tue, Thu 3:45 - 4:45 p.m. Starts Jan 5 - \$8 for 4 weeks.  
 \$2 Drop In  
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 All classes at the Rec Centre. Everyone is welcome, at all levels of fitness. You may register at any class.  
 Our instructor is Marianne Olafsen, BCRPA Registered Level II Master Fitness Leader.

## THE COMMISSIONAIRES LAMENT

The Commissionaire sat in the smokeroom  
 And puffed on a stale cigarette  
 He coughed and it made his eyes water  
 As he gradually started to sweat

But that was the latest Order  
 And wasn't meant as a joke  
 That all the Main Gatemen  
 Must go in that room and smoke

They even listed the times and length  
 Of how long you must sit and puff  
 The exhaust fan will prevent cancer  
 And all that horrible stuff

So he sat and puffed on a Players  
 Though sometimes he thought he would choke  
 An Order's and Order to be followed  
 Even for those who don't smoke

If this is a method to cure smoking  
 We wonder what will be the next  
 With this way of prevention  
 We hope that the next one is SEX!

## NEXT DEADLINE JANUARY 11

## TOTEM TIMES

### 1988 PRINTING SCHEDULE VOLUME 30

NUMBER	DEADLINE	PUBLICATION DATE
1	JANUARY 11	JANUARY 14
2	JANUARY 25	JANUARY 28
3	FEBRUARY 8	FEBRUARY 11
4	FEBRUARY 22	FEBRUARY 25
5	MARCH 7	MARCH 10
6	MARCH 21	MARCH 24
7*	APRIL 11	APRIL 14
8	APRIL 25	APRIL 28
9	MAY 9	MAY 12
10*	MAY 30	JUNE 2
11*	JUNE 20	JUNE 23
12	JULY 4	JULY 7
13	JULY 25	JULY 28
14	AUGUST 15	AUGUST 18
15	AUGUST 29	SEPTEMBER 1
16	SEPTEMBER 12	SEPTEMBER 15
17	SEPTEMBER 26	SEPTEMBER 29
18	OCTOBER 17	OCTOBER 20
19	OCTOBER 31	NOVEMBER 3
20	NOVEMBER 14	NOVEMBER 17
21	NOVEMBER 28	DECEMBER 1
22	DECEMBER 12	DECEMBER 15